

7-2004

Phoenix, 2004-07

Student Life

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Recommended Citation

Governors State University Student Life, Phoenix (2004, July-August). <http://opus.govst.edu/phoenix/20>

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Phoenix

GSU ARCHIVES

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Fagan Plays Budget Hardball With Senate

Stephanie N. Blahut &
David Chambers, Editors

Fagan asks Senate to "show him the money."

The Governor's Budget Initiatives

In February 2004, Governor Rod Blagojevich presented his proposals for the state budget for fiscal year 2005 to the General Assembly. The proposed budget would total \$23.96 billion; and would show an increase over fiscal year 2004 of \$732.6 million. The higher education portion of the budget would total \$2.26 billion in state general funds; a decrease of \$141.1 million from fiscal year 2004. Included in the proposed budget was a two percent "across-the-board" reduction of public university general funds support.

According to an IBHE memorandum dated Feb. 18, 2004, "fiscal discipline, accountability and efficiency," were key themes in proposals made in reference to legislative proposals, management actions, and agency consolidations. Some of the key initiatives outlined by the governor's budget proposal included: K-12 education and healthcare.

Operating On A Bare Bones Budget

Over the last three years, Governors State University has endured a total 18 percent cut in state appropriations. As a result, the university has had to lay off employees, reduce administrative expenses, leave faculty positions unoccupied due to retirements, and eliminate class offerings.

"GSU is as empty as Mother Hubbard's Cupboard," said GSU President, Dr. Stuart Fagan. "Governors State University is operating on a bare bones budget."

According to the June 15, 2004, *GSU Universe*, a two and a quarter percent contingency fund, created by the university,



Photo by Stephanie N. Blahut

The McNair Scholars Program Conference, held in Buffalo, New York, welcomed MSP students from schools nationwide, including GSU. The conference took place from July 15th through 19th.

was given the Senate's approval. This was also the case in fiscal years 2003 and 2004. The contingency is subject to the condition that it would be held by the state and used to balance the budget.

Dr. Fagan also added that further

proposed reductions in appropriations have the potential to exceed two percent and would leave the administration no choice but to "take drastic action." Such actions could include more class cancellations, outreach program cutbacks, and the possibility of

even more layoffs.

Another cost-cutting option being reviewed by the university included outsourcing the services provided by

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Online Forum For WebCT Students Aids Administration

Stephanie N. Blahut
Editor in Chief

The College of Business and Public Administration has recently made available a discussion forum for students registered in summer online courses. Hosted by Dean William Nowlin, the forum titled, "Dean's Cyber Discussion of Learning on the Internet," will ask online students to provide information on their likes and dislikes on Internet courses.

"The purpose is essentially to give students in our Internet courses, in spring/summer, to tell the Dean what they like or dislike about the courses," stated Dr. Nowlin. "The information we're collecting through the cyber discussion will be used to at least inform the faculty of the students' likes and dislikes, and some faculty members will take advantage of this information and enhance their courses."

The university has a number of ways to collect feedback from students in the form of Student Evaluation Instructions (SEI's) and student polls. In the past, information has also been collected through a student advisory board, which is now in the process of being recreated.

"We require administering SEI's in each course in the college at the end of the

term. We are probably one of the few colleges if not the only college that administers the form using students, grad assistants and staff as opposed to giving the forms to the faculty and asking the faculty to distribute the forms," said Dr. Nowlin.

The SEI's are then collected and given to the department chair. After reviewing the input given by the students, the department chair will then meet with faculty members if the division chair "deems a discussion is necessary."

According to Nowlin, the results of the SEI's are not publicly available for students to view. Their purpose is to aid in the evaluation process of tenured and tenure-track professors. The SEI's, along with their creative activity and research and service to the college and university are critical components of professor evaluations.

On the other hand, the SEI's are generalized evaluations, and were not specifically designed towards the evaluation of online courses. In contrast to that, the cyber discussion was initially created for two reasons: to give students the opportunity to talk to the dean directly about their

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The Phoenix Photo Pages Showcase Campus Focal Points



Photo by Anitra Frazier

The Phoenix rises above the snow and ice within the Sculpture Park. A featured selection of campus photos can be found on pages 8 & 9 in this issue of the Phoenix.

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Letters to the Editor

From the 'X' Files: Does GSU really appreciate Dr. Sibbet?

At first glance, this university, as large as it is, might seem to be run invisibly, almost as though it was on autopilot. However, if you stop, listen, and look at your surroundings for a moment, you might notice there is more being accomplished than meets the eye. For example, there is PPO (that is physical plant operations), those folks who keep the temperature comfortable, the trash picked up, and perform other tasks that help make the environment here pleasant. They seem to have people everywhere, going back and forth with a demeanor that, although serious in its intent, is underscored by a courtesy that is quite refreshing. This is in no small part due to the leadership of Susan Rakstang. You can find these folks performing their tasks all over the campus.

For an excellent example, the GSU campus is beautified (and what a beauty it is!) by Jo Shaw in PPO. Jo has created a virtual oasis of gardening delights on the campus grounds, and anyone who has not noticed is way too busy to 'stop and smell the roses'. Although most people are not aware of this, landscape gardening is a degreed, licensed profession, and requires continuing education, the same as other professions such as law, medicine, and even education. Jo Shaw has accomplished

so much at GSU that everywhere on the campus grounds you may look; you can see her dedication to the entire university community. She ought to be listed officially as a GSU treasure.

It would seem to be a safe assumption that the PPO department has a plan, a written program, such as a manual, that guides their daily and monthly duties, so that proper procedures are followed and tasks can be performed in an efficient manner. As a matter of fact they do have an operations manual, and that is par for the course for a department that has personnel with civil engineering degrees working for it. As far as this writer can tell, PPO does an excellent job.

This universally accepted practice does not hold any water with the director of Student Life, Dr. Lorraine Sibbet. From all that this writer can ascertain, she seems to run Student Life without a written plan; indeed, she has, in previous discussions, stated in plain language: she does not recognize the need for any kind of procedural manual. This gives rise to her practice of issuing orders and instructions as they occur to her. Sitting outside her office on different occasions for different reasons, this writer has overheard her personal management style expressed firsthand. She delegates in a manner that makes it obvious that, in even the most

efficient person, the inefficiency could be more than distracting. For example, she has a practice of calling out her instructions to her assistant, whose office is right next door to her own, even continuing to do so as she walks away down the hall from her office. I have even heard her discussing student's records with others over the phone, with her office door wide open for all to hear. This is not only inefficient, but also seems quite inappropriate.

It has also been reported to me, that with regard to some of the staff whose pay she must issue, she has an established practice of waiting until it is convenient for her to issue pay vouchers, even though by doing so, she is clearly violating various contractual agreements with those who are under her authority. At this point, it is only student s who suffer this ignominy; the very students whose interests she claims to serve. This does not even address how that inconveniences the staff members whose bills come as regularly as Dr. Sibbet's bills do, nor the checks that may bounce as a result.

As regards her schedule, hers appears to be created on an ad hoc basis, and if there ever were an operational manual for Student Life at GSU, she would obviously have no use for it. Her instructions to employees seem to be, in the opinion of this writer, based on a scattershot style of

management. This from someone who was quoted (from a university function) as stating, "We gather to scatter". Funny, it seems to indicate a pattern of her thinking processes.

She has made public statements including "I do not have the time to create written procedures." This is the very same person whose salary is paid out of student fees, and who has stated at a Student Senate Fees and Finance Committee meeting in winter 2004 (with 9 witnesses present): "I cannot do it. I will not spend time itemizing those (Student Life) accounts." My personal favorite was, "I was never asked to itemize the (Student Life) accounts before."

Fascinating! Utterly enthralling! An educated person, with decades of experience, has accepted complete responsibility for the entire budget for Student Life, and then flatly refuses to answer the Student Senate's request for an accounting of those funds. 1. Gee, whiz, Dr. Sibbet, what were you thinking? 2. Why would you take such a position? 3. Do you even care at all if the students you allege to represent might have an impression that your stewardship of their interests is less than competent? 4. Whose interests do you actually represent, Dr. Sibbet? 5. Is it

"X" Continued on Page 12

A Letter To Illinois Republicans

Dear Editor:

How are you doing? Has life been fair to you lately? Couldn't find a qualified republican in Illinois to run against Barack Obama in the November 2004 U.S. Senate elections. I suppose the new strategy of searching for qualified Republicans outside Illinois will probably be a "replay" strategy when you decide to run an Iraqi citizen in 2008 for the U.S. Presidency. Isn't there a residency requirement that Alan Keyes has to adhere to before he runs for the office of U.S. Senator from Illinois? I applaud your clever strategy. Mr. Alan Keyes conservatism is a fossil in Reagan's destructive ideology closet.

Again, the voters have no choice. We have a "For Sale" sign on our intelligence. Keys is against affirmative action and uses the Declaration of Independence as his foundation to spread his philosophy of well educated idealism that reaches back into the Dark Ages. I wonder who is pulling his strings as Illinois' new puppet from Maryland. Illinois doesn't want you Keyes. America didn't want you in 2000 as the U.S. President. Why the hell do we need a backwards-thinking fool to lead us into the Dark Ages? Obviously, I don't like Mr. Keyes! He is newest punch line of the Republican Party and an insult to every African American voter.

Why don't you recruit David Duke of the Klu Klux Klan? He can also misrepresent Christianity and burn all his problems away. The Republican Party believes that running an African American against an African American is a clever strategy. Who writes your strategies, MAD TV?

Mr. Keyes has forgotten that the Declaration of Independence was written while African Americans were in slavery, and that Abraham Lincoln didn't free the slaves out of the goodness of his heart, but to keep the Union together.

"We hold these truths to be self-evident, that all men are created equal, that they are endowed by their creator with certain unalienable rights, that among these rights are life, liberty, and the pursuit of happiness." Like Martin Luther, a priest once said, "All men have a right to interpret the Bible in their own way."

The Declaration of Independence was written for rich white men with property. Basically, the declaration of Independence was written to justify the atrocities that the Caucasian Americans was presently doing and any future crimes. It is a Writ of Bad Conscience that these inhumane bastards used to justify their crimes. In essence, it was a insanity plead suggesting that we knew what we are doing, but now our creator is backing our bigotry. The right to life meant to take all the land they wanted from the Native Americans to treat Africans like animals and to sin against God by raping and killing an ancient culture of people, etc. this document is been used to justify interfering with other countries in terms of land ownership and the greatest ambition greed. So, the unalienable right of "Life" is a justification of self-preservation to justify any hate, theft, and murders down history's corridor. The unalienable rights of liberty and pursuit of happiness has the same connotation.

People sometimes say that we don't have to wake up to guns, or bombings like other third world countries. We have drive by shootings and hate crimes committed in our own back yard.

We Americans think that our culture, beliefs, and politics are better than other countries. We don't know the whole story about the political, social and economic identity of many countries. We have become ethnocentric thinking that we are superior to other countries. Sadly, September 11, 2001 taught us that we bleed just like the rest of the world. The terrorist also used their religion to justify their hate campaign against the United States of America. There hate campaign killed 5,000 people and more.

How do you justify a guilty conscience? Well, Mr. Keyes, I think just like Reagan and other politicians that came before him that you will be a new addition to "Hating" cultural diversity and lynching globalism. In November 2004, I am voting for Barack Obama as Illinois' next U.S. Senator.

Finally, to the Illinois Republican leadership, I recommend that you take your political strategies and use them as skits on "MAD TV" and "SATURDAY NIGHT LIVE."

Illinois voters represent intelligent Democratic and Republic Voters who are African American, Caucasian American, Hispanic American, Japanese American, Native American, Chinese American, Dutch American, Italian American, Greek American, Muslim American, and Gay American, etc. These citizens are my brothers and sisters. We Illinoisans aren't easily fooled by out of state door's salesman.

Keeping a Eye on You,
Claude Robert Hill, IV
"The Wandering Alumni"

Editor's Hiring Process Questioned

Dear Editor:

I recently heard the new Editor in Chief of the *Phoenix* is a member of the GSU faculty. How can this be? I was under the impression that the *Phoenix* is a "student newspaper." Students learn to do layouts, create stories, interview and take photographs for a college newspaper, like the *Phoenix*. To appoint a member of the faculty to do all of this seems like someone is missing the point of a student run newspaper.

I know of students who applied for the Editor in Chief position, and were not given the opportunity to interview. I would like to see the administration in student life comment on why this has occurred. Until then, my question remains: Is this a faculty or student run newspaper?

Sincerely,
Vera Rahn

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Seven Years After: The GSU Tradition Continues

by William Kazak

I recently had the opportunity to revisit GSU after a seven year absence. My goal was to look for old friends and teachers, see the changes made to the campus and record my impressions. I carried my new digital Nikon and photographed the people I met and the things that impressed me the most as I walked through the building and made my way to through the sculpture park.

Once I was a student at GSU, a graduate of the photography department. I had stayed on for the longest possible time taking Masters Classes in photography, painting and art history without finishing a Masters degree. I married seven years ago and moved to Rockford to be with my new bride. This trip was bittersweet as I was giving my wife a one week break as she re-evaluated our marriage. I guess her expectations were never fulfilled.

As a student in the art department, we do not expect a substantial income upon graduation like those who take accounting and statistics. Yet, being an artist, one grows and goes through a process of self discovery and self actualization. "Living with awareness" is how I like to say it.

As a feature editor for the Innovator, the newspaper before the Phoenix, I won awards for my feature stories and for best feature photograph. I was part of the Innovator staff who, in 1985, were recognized for General Excellence in the Chicago Tribune awards for college newspapers.

Here at GSU, I was a grad assistant in the photography department and everyone in CAS knew my name. My fondest memory is selecting prints for the Infinity Gallery Permanent Collection of Photography exhibit which I personally hung in the gallery.

Waiting for Arthur Bourgeois, eventually found him in his office, still cluttered with ancient artifacts. Arthur gave us a tour of the art gallery and explained the two totems looking for an upright home. He took us to



Photo submitted by William Kazak

William Kazak, former photography editor for the Innovator, has won several awards for his work.

a secret office where I photographed a collection of ancient masks and art objects. These will be on permanent display here someday, he told us. I met Evon, the current grad assistant and photographed her "installation". The photographs for the show were from the permanent collection but were none that I had ever seen before. They were more modern, more "edgy" in appearance.

I recognized Dick Byrd, a fixture in the photography department. He now teaches photography classes. When I attended GSU, he was doing PR work in photography for the university.

No more Paul Schrantz or Jay Boersma. They were our leaders. Paul

retired to New Mexico. Jay is still living in Homewood and works for Playboy, I am told. I found Roger Paris at the Tall Grass Art School in the Park Forest Plaza. Roger is one of the original MA grads in the art department. He got a GSU staff job immediately upon graduation but is now in the real world. Roger is a true artist/craftsman before I even knew what that meant. Ron Brubaker, Dean of CAS gone. Joyce Morisita is now a retired painting instructor. Mary Bookwalter's name is still on the door seven years after. The secretaries are all gone too. No Rosie O'Neil or Barbara. New ones, all very friendly, have taken their places.

Mel Muchnik's name is still on the door, but it being summer, he is not in his office. I met Mike Purdy, without the beard this time. Mike still has the same corner office with the magnificent view. John Payne is gone. He is in a hospital with Alzheimer's. John taught me art appreciation and sculpture. He was my first teacher in CAS, and I loved to hear John lecture us on the philosophy of art. There is no Patty Fogle. She moved to Arizona. No more Wally Bailey, Chuck Furlong, Mike and Debbie Trapp, Colleen Newquist or Gary Millsap. George Kwain is still in Peotone and photographs weddings

like I do. They were my classmates and my friends in the photography department. We would talk for hours together discussing photography and everything else.

Outside, the building has changed. The new glass addition outside CAS looks out of place to me, like a cheaply constructed government building. There is a new main entrance but with the familiar sound of the ringing bells. The sculpture park is still an old friend. Walking through the tall grass to visit the sculptures up close, one sees new weathering on their painted metal surfaces. I cry, because I realize I still love this place so much. What will become of me, I wonder?

My Academic Reflection

by Lisa Aponte-Soto

My academic journey at GSU has been a rewarding experience. When I began the MHA degree program in the Fall of 2001, I came with no expectations. After the completing the first two trimesters, my interests in the program and student body grew. I quickly became engaged with the faculty and program activities. I tapped into as many resources as possible that would enhance my academic journey at GSU. I participated in the student chapter of the American College of Healthcare Executives, Health Administration department research, and the Phoenix. Above all, being involved with the Phoenix has been a blessing in disguise. I have had the opportunity to meet a group of talented individuals who take pride in educating others through the art of writing. The Phoenix has truly added depth to my student experience and professional growth, from the research to the support mechanisms.



Lisa Aponte-Soto, graduate student from the College of Health Professions, wrote a monthly health column featured in the Phoenix. Lisa was also recognized by the Phoenix as Outstanding Club Member.

A Reflection On My Life As A Student At GSU

By David Chambers

I woke up one morning and decided that if my life was to go anywhere, it would be better to finish what I started. So after researching upper-division schools, GSU seemed a good choice, because with the 130-something credits already in my record, it was not only getting expensive, but it was also time to wrap it up and graduate already.

The BOG program seemed ideal, and at first everything went rather smoothly, with some people giving me the heads-up on how to keep even the most demanding administrator on their toes, happy and full of properly completed paperwork. By this time, you see, since graduating with an A.A.S. degree in Legal Assisting from Miami-Dade Community College, I was an expert in paperwork!

For the first four trimesters things were o.k., and I actually thought that the university ran quite smoothly. Except for the fact that, since my computer skills were limited to nothing more than basic MS Word, I had trouble with Internet-based learning initiatives, as GSU refers to them. All I know is, when you're having trouble with a course, and the only communication you have with the professor the entire term is one e-mail, something is drastically wrong. This Internet-based learning is one new bandwagon that should not be jumped upon so fast that the students suffer. It is much like the first time a new product comes out, where the consumer suffer because it appears that very little testing was done to evaluate whether this new product would function well in the real world.

After attending GSU for four trimesters being blissfully unaware of the existence of a student newspaper, I actually saw one, picked it up, and answered an ad for the position of section editor. I don't know why I love to write, except that it is a form of tension release for me (psychic tension, of course). On some level, I was attracted by an opportunity to critique the scribbles of others. So I applied for section editor, and



Photo by Stephanie N. Blahut

CAS student and Phoenix Copy Editor, David Chambers, helps communications student, Tracy Brittnum, edit her article.

received a packet describing the duties of all of the staff members. Immediately it occurred to me that the number two spot was for me - assistant editor - since that kind of thing was right up my alley. At any rate, I did not hear from Stephanie Blahut, the Editor in Chief, right away; at least not by the usual methods. She had e-mailed me, but since I was a "lame-o" with regard to computer use (I still have a mountain to climb), I never got the message. Thinking that she must have forgotten about me (little did I know), I picked up a copy of the Phoenix and decided to show her just what she was missing out on (did I mention my confidence issue? Arrogant? Not me!)

Someone said to me once, when I was really unsure of how to communicate my abilities, "If you can do it, and do it better than others, then it's not bragging to tell people - it's just blowing your own horn."

So it became apparent that the Editor in Chief needed to know the facts with regard to me. So I red-penned everything I found to be in error, and when I was through, I was certain that the Phoenix needed me. (Did I forget to mention my overwhelming confidence?) So I marched right into the Phoenix office, and saw her there, Stephanie, just her naturally sweet, good-natured self, and was immediately humbled. My approach instantly changed. I said something like, "If you're going to consider me for the section editor position, you might want to look at what I've done here. When you see this, you might not want to hire me at all." (Or something like that).

She took the paper in hand, and immediately turned a shade of red I hadn't seen in a while; almost the same shade of the ink I had used! You see, most of the articles were written by her, and I

knew it, and I felt bad that she had all that to do and running the entire paper besides. Even then, I knew that we could be really good friends, because the way she reacted was so mellow. Little did I know what was to come. As we sat there talking that first night, I never knew that she missed part of her class just to be with me, because I guess the conversation was flowing so well, that we just could not stop. I was fascinated, not just because she was sharp, but also because she listened carefully to what I said - as if it mattered. That was something I was not used to. She really threw me for a loop because as we began to test each other in repartee, she gave as good as she got. OK, at this point I was really attracted to her mind! She was very quick-witted, and charming as well.

The best part, I guess, was that I did not at first approach her in the usual way I might with a woman who intrigued me. In addition to that, she was going to be my boss, so curbing my interest in anything other than her mind was absolutely rule number one. Because of this, I got to know Stephanie the person, the woman, the personality, the values that she holds highest, and that was the great good fortune I had. Because in taking that approach, it made me realize that I really did want to get to know her better as a person. It was also a relief and so much easier to just exercise my mental muscles and be relaxed, and simply conversing with her was so mentally stimulating! After all, the sexiest thing about a person is their mind. I was hooked on Stephanie, but I did not even know it then, though something inside me said keep going, don't worry, you'll be fine, just relax and be yourself.

I remember going home that second night we met and thinking, "Wow, if this isn't cool! A really nice, cute chick with a fully functioning neocortex! And I even have an

"My Life" continued on Page 5

Reflection

by David Collins

December 2003 was a very emotional time for me. After four short months of life in Illinois, I was going home. I was an exchange student from UniSA in Australia, completing the Fall semester at GSU.

As the end of the semester approached, I began saying goodbye to friends I had made. I know that maybe I'll meet them again (and hopefully I will), but maybe I won't.

During the long flight home, with each passing hour I was moving further from the friends and the life I'd become accustomed to in the States, and closer to my old friends and family and life I used to have. I actually felt torn between the two countries.

The sun rose as we flew over Australia. As the darkness lifted, I had glimpses of the landscape miles below. I had not seen this country, my country, for so long. Although we were still hours from landing, I was home.

Walking into the Sydney airport terminal, I suddenly became surrounded by Australian accents. For a few minutes, it seemed strange hearing everyone speak like I do. I laugh at this now, but then I was filled with patriotic pride and identity.

Part of me felt like I had never left, and so much of my environment seemed to think so too. Australia was exactly the same, which seemed weird for some reason. I guess I expected things to change while I was away, as though my absence would somehow affect everything. There was one thing new - everyone seemed to be talking about a singer named Guy Sebastian. He had won "Australian Idol" while I was away, a fact that I had been sheltered from in the States.

Indeed, things were all the same. However, after being away for an extended period, things were all just a little unfamiliar. I'd had this feeling before, during my first few days in America - a "twilight zone" feeling of being in normal surroundings, but noticing small details that don't seem normal. Cars, toilets, faucets, money, TV shows, and brand names are a few of the everyday things that are almost the same in the USA and Australia, but are just a little



Australian exchange student, David Collins, worked as a graphics designer, section editor and staff writer for the Phoenix while attending GSU in the fall of 2003.

different ... just enough to make a person's mind do a double-take.

The whole time I was away, I knew I missed my family, especially my parents. I did not realize just how much though, until I was there in their arms. That was the moment I knew that I had needed to come home.

There was a period of time when coming down from the international experience was hard. Ordinary life seemed exactly that - ordinary. Being a visitor in the States, I was someone special, experiencing something new and exciting. Being an Australian in Australia, I was just like everyone else. The contrast brought my mood down for a while, until I adjusted to real life again.

My time in your country was an enriching, rewarding experience that I will always cherish. Six months on, I continue to be very grateful to all the staff, faculty, and students of GSU who gave me their time and their friendship. Thank you, not just for making it possible, but for making it fun too.

Turning Back The Clock: Magna Est Veritas Et Praevalebit

by Stephanie "Sam" Blahut

Restarting my education at GSU in July 2003 as a first generation college student, and the oldest child in my family, there was no example close at hand to model myself after, nor was there the opportunity to learn from anyone else's experiences, so there were a great deal of questions I just didn't know to ask. It had been a little over five years since my feet had found themselves heading towards a classroom (after graduating from JJC in 1998), and naturally I experienced some apprehension about returning to the classroom environment. Having spent the last four years working for a large health insurance company, and a year prior to that working as an EMT-B for a small, private ambulance company, in both instances I found that the advancement was relatively scarce, especially without a strong educational foundation from which to leap.

After making the decision to leave the insurance company in March and deciding to register for two classes during the summer 2003 trimester, after failing to find all the information I needed online, I walked into admissions and began to ask questions.

Please keep in mind while reading this article that its purpose is to serve as an example and as a personal reflection, not as a rant.

Having stated several times (to several students, faculty and administrators) that it took me nine separate trips or phone calls to admissions just to get all of the information necessary to register, it seems reasonable to believe that I should have been met with a higher-quality of customer service; for example, a "one-stop shop" of information and answers. After completing one part of your registration, it ought to be suggested by the staff to move on to the next appropriate department. Unfortunately, that was not how it worked out.

Although considering myself relatively skilled on a computer and very comfortable with internet searching, I found that the



Stephanie Blahut is a student in the College of Business and Public Administration, and the Editor in Chief of the Phoenix.

"old" GSU website lacked a great deal of information, mainly updated information. I also missed having a physical catalog, and although it is understandable that there are reasons for becoming more technologically advanced with reference to the catalog information, my belief is that it is important not to completely phase out paper, especially when the supporting staff may not be as willing as one would hope to offer more information.

After my journey through admissions and registering for my classes through the Internet, I found that the problem here is that most people it seems would have thought the classes were tracked in "real-time" or close to actual time, and that the system was set-up to exclude registration of a class for which the requirements had not yet been met. However, this is not the case. The system allows students to register for classes without the benefit of an internal check into their completed courses. Like the majority of students, you have about enough time to look at your course plan and register for the classes outlined on it. It is rare that I

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Cold Beer: Epilogue To The Wandering Alumni

by Claude Hill IV

I realize that today was my birthday. My gal pal reminded me that it's important once in a while to just stop and enjoy life. Usually, I would spout so much enlightenment philosophy that my dogs would piss on my left shoe and like a well mannered English man who would take the time to bow his hat and go about his way. It suddenly dawned upon me that I was on my seventh beer and was imagining distorted images mixed with weary ambitions.

While trying to get off the bar stool and stand straight, I fell on my knees and cried like a man who had lost his mother. A few friends with every honest intention in the bar couldn't put the Wandering Alumni back together again. I sat there for about twenty minutes with a frozen facial appearance. I remembered that for the last five years that I fought for student rights and even faculty diversity. I have seen the corrupt pool of higher education corporate politics, and I have met good teachers and administrators along the way. I realized that presently I would vote a monkey for president of the United States of American. At least, I know that the monkey will do a better job than the present administration. Yes, I shall buy a monkey, and rent a tuxedo for the monkey. I bet you that I can get the monkey to form more than six syllables and a complete sentence. In your face, "No Child Left Behind" law; after a few minutes of frozen silence, I managed to get myself off the floor.

I walked slowly to the bar front door and opened it with my hand. It was about 4:30 am in the morning. I threw my car keys to the bartender who followed me out the door. I responded, "You know the procedure" and I walked down to the beach. I occasionally looked back at my footprints in the sand and I noticed how the water repeatedly erased my signature from the sand. To me, footprints were signatures that man existed. I decided to sit on this great big rock



GSU graduate student, Claude Hill, is the author of "The Wandering Alumni" column featured monthly in the Phoenix.

overlooking the water. I sat down and waited for the sun to come up. I had ten minutes until the sunrise. I realized that I was twenty-five years old and that I had accomplished a lot of great things in my time. I found a rock and started to spell out a contract with God in the sand. I was down to six minutes. The contract said:

"Lord, I give you my life, my burdens, and my dreams. I give you praise for the last twenty five years of my life and before the sun come up; I promise you that I will find time to smile, forgive, love, and have fun in my life. I am asking for a divorce of what has been common practice to me and for your blessing of marriage to anew life of consideration, happiness and fulfillment. I know that I can't help everyone. I am only human. I do know that for the rest of my life, I shall walk closer with you and do your

will. I will plant hope and watch my future's bounty. There will be hard times and time of plenty."

Suddenly, the sun came up and the water washed away my contract. God had accepted my terms. I got off my butt and did something I had never done before. I went to the homeless shelter and fed the less fortunate and read to those who were illiterate. I felt a tear in my eye. One of the kids in the shelter pointed out that I was crying. I told the kid that I was crying because I am happy and that I am finally doing what I am suppose to do. The kid asked me, "What are you suppose to be doing?" I said, "Enjoying life!" I recommend that you try to enjoy your life as well because it only comes once.

I almost forgot! To all GSU students, faculty and administrators, "I bid you Adieu!"



Jay Dobbs, student in the College of Arts and Sciences, has written political commentaries for the Phoenix over the past year.

My Year At GSU

by Jay Dobbs

For the past year as a student at Governors State, I have to say that my time here and writing for the paper has been great. Although there have been a few bumps on the road with some of my classes, I have to say overall its been somewhat of a good year and I hope that I will continue writing for the Phoenix and share my viewpoints, mostly political points of view to the students, staff and faculty at GSU. My classes here at GSU hasn't been too bad so far and I manage to make it out ok and doing my very best to achieve my goals to further my education and reach my career goals. The year isn't over yet, I still have many more commentaries to write and with the up coming Illinois Senate race and the race for president between Bush and Kerry I'm going to have a lot to say. Thank you for reading my commentaries for the past year and I hope to write many more for the people at Governors State University.



Photo by Stephanie N. Blahut
Phoenix staff members, Taheria Brown and Claude Hill, chat about their experiences on the Phoenix.

"Clock" continued from Page 4

actually go into a course description to check out the summary and requirements. I know that these system enhancements exist; JJC has had them for several years.

Sometime before my classes started, I received an email through my student email from the Editor in Chief (EIC) of the *Phoenix*, Carol Schrock, looking for story ideas, staff writers, etc... having been an editor, layout designer and writer on both my high school's newspaper, *The Knight Times*, and my junior college's newspaper, *The Blazer*. Since changing my major from journalism to fire science at JJC, I had not written anything in several years (including poetry and stories). It is not yet clear to me what it was exactly that drove me to send Carol a response, but some small interest once again sparked from within me.

She replied to me via email and sent me an assignment; however, I submitted to her three completed articles featured in the August 2003 *Phoenix*. I felt a certain level of comfort interviewing contacts, and felt very at home again writing. In the meantime, Carol had told me about her position's contract

"It is significant to mention that my first full month on the newspaper was hell."

ending and that since she was graduating, she would not be pursuing the job as EIC for another year. She encouraged me to apply, and without a very good understanding of the assumed responsibilities the position entailed, I submitted my resume. Although being informed of the interview date and time (but not the location), it also became clear upon my arrival that the one-on-one interview that was my expectation, was in fact a round-table interview with the former EIC, a current staff member of the *Phoenix*, as well as GSU administration, faculty, and the *Phoenix* advisor. If memory serves, in all there were 12 people in the actual interview. Although stunned, I sat down and began answering a variety of questions about my skills, judgment, experience, leadership and ideas for the newspaper's future. Leaving the interview confident in my abilities and in the responses given with regard to them, I discovered later that this method of search was not pursued in filling the EIC position in the hiring of my replacement.

My term as EIC began in August 2003, after signing a contract presented to me by an administrator of student life. My contract stated that the EIC was to produce a "bi-monthly newspaper" (which means every other month), and that the pay would be \$1500 per trimester (with the option of being paid \$375 per month). The *Phoenix* staff has been advised on several occasions during our staff meetings that I had purchased a little notebook, in order to write down ideas that would surface at random times in my head (having so many I couldn't sleep some nights). My first task was to establish four main goals upon beginning my work as EIC; they were to improve the quality (through story suggestions and editing), improve the appearance (through the graphics and design layout), to improve the newspaper's

marketability, and to recruit and maintain a staff. It is my great pleasure to report that my staff and I accomplished all of those goals.

It is significant to mention that my first full month on the newspaper was hell. Carol and I were only able to meet for about 10 minutes regarding the *Phoenix* "operations." There were no workflows in existence, there was no staff already in place, the computers in the office lacked the basic capability of 'sharing' information, and there were no guides, manuals, or binders of notes to refer to.

If that wasn't enough, there was already a lack in any concrete information being supplied by "an administrator." Aside from those around her who create the illusion of organization for her, she is disorganized, uncommunicative, and lacks any ability to motivate others. Her lack of regard for students makes you wonder why she has been selected to administer Student Life; I mean, was this supposed

to be a joke? There were times where purchase orders were submitted and either lost or would sit on her desk for several months until I would email her about them. At that point she would hand-write a response and stick it in my mailbox. Usually these notes requested face-to-face meetings; I could only guess that her requests to meet like this are due to the fact that she lacks computer skills and managerial skills. In other words, if there was written proof of comments she has made to her staff and me, it would certainly turn heads in the administration in the direction of Student Life. She has on numerous occasions, taken it upon herself to yell at me and verbalize her unfounded disapproval of my choices, right in the middle of the Student Life commons area. She has also demonstrated her poor management and communication skills by addressing members of her own staff and me in an unprofessional, overbearing, and tyrannical manner. These are not the qualities of a person I would have chosen to head Student Life, a department responsible for the recruitment and organization of students and campus activities; I would have at the very least found an administrator who liked students, if not at least people in general.

The computers in the *Phoenix* office were a joke. There were two Macs and one PC. There was also a computer and a monitor dismantled in the back of the office. The computers lacked a shared drive; this is important because the Macs could only write CD's which could not be read by the PC. Since the staff and I all use PC's our files could not be read by the Mac. In the beginning, the preferred method of format for articles was for them to be pasted in an email. This, of course, was a disaster for layout, since the article formats were skewed by the various email programs. It was clear that a more "advanced" process

"Clock" continued on Page 10

"My Life" continued from Page 3

excuse to talk to her! Higher reasoning is so stimulating!"

As I began working with her, and interacting with the other students working at the *Phoenix*, like Claude, Christina, Monica, Lisa, George and Cory, and the various people who came by the office, it became obvious that there was much controversy about what school policies were, and how they affected students. It also became apparent that there was much to learn about how a university is run, and the more I saw, the more confusing it became.

Suffice it to say that eventually, Stephanie made me love her. That's right, it's all her fault (It's really her virtues!); and I had no control over what happened to me. I thank my lucky stars that I walked into that office and decided to keep my ego under some kind of control, because she let me into her world a little at a time; and after a while, I couldn't leave. I finally found love, and it snuck right up on me (the rascal)!

There was something else about that time though, that really got my attention. I began to hear about how certain administrators would deal with the students in ways that seemed like what I was hearing was just too fantastic to be true. But as I kept listening, and evaluating, it became clear that this university I had thought for the first two years was just great had some serious personnel issues. I guess this is what happens when you work with the newspaper - everyone has a story to tell, and they just keep getting more interesting and varied.

Since enrolling in the BOG program at GSU, I have had a different advisor (due to staff changes) about every other trimester. I can only say that this does not inspire confidence in the BOG program itself, and without an explanation from Dr. Balin, which should go out to all students in the BOG program, one is left with the impression that the BOG program's position is, "Don't ask, don't tell." It does not feel that way when conversing with Dr. Balin, who gives the impression of someone who cares deeply about student's concerns, and has plenty of time for them. So maybe they have just had a lot of turnover lately. They should not be afraid to let the students know what the department is going through, so that students don't get the idea that something is wrong.

This university has, like any work environment, a mix of characters; those that go out of their way to instruct in a way that demonstrates their enormous compassion

and professionalism; one fine example is Pam Zener. She ought to be, in my personal opinion, teaching full time, simply because she inspires students to do their best. This of course makes no mention of the fact that Ms. Zener makes learning an enjoyable experience: what a concept! Of course there are those that seem to have no concern whatsoever with the difficulties students face, such as when the WebCt program breaks down, leaving students with no way to make up for lost work, or quizzes that shut down and refuse to let you back in. When this occurs, and the professor provides terse answers, or no feedback at all, which puts the student in a predicament. Does the student give in and accept this situation, (which could be viewed as a breach of contract), or should the student approach the dean or some other supervisory personnel with their issue? Either way, the student is put in an untenable position with regard to their final grade.

This university would do well to consider establishing an office of the Student Ombudsman, funded by student fees. Someone who has been a student before, but has not achieved the lofty status of, say, a Ph.D., which could possibly intimidate the students (this also keeps the cost down). Perhaps someone retired from social work, or a retired school teacher, who needs some (modest) extra income, and has demonstrated wisdom and compassion during their career, which can be established by bona fide references. The students could vote on their choice by a referendum, and this could be taken into consideration by the Administration when making their final choice. This is NOT catering to the whims of students; rather, it would serve multiple purposes. First, when a student had a complaint, there would not be a grievance procedure which occurs behind closed doors, which intimidates the student. Second, it could provide a means for students to engage themselves in the process of managing conflict, which is a critical skill to possess in any place or time. Third, it would provide the students with a face to relate to, a sounding board, and that alone could potentially solve the majority of the difficulties that students face with regard to disagreements and misunderstandings with faculty. Fourth this position would report directly to the Associate Provost, since there is currently no Dean of students, because the students would then have good reason

"My Life" concluded on Page 10

What I've Learned at GSU by Tina Carney

The last few years I've attended Governors State University have been a marked change from my last semester at a big four-year university where I earned my undergraduate degree. First, I have come to truly appreciate the greater opportunities offered at a smaller school. Although Governors State may have fewer clubs and organizations, I would never have had the courage nor the encouragement to participate in extracurricular activities. Not only did I participate at GSU, I excelled.

Another nice difference at GSU is the true understanding of the professors and university itself for working adults. At my undergraduate college, there was very little flexibility in scheduling, and as a result my last semester was spent commuting 200 miles a day, 3 days a week. They did not offer evening courses or online courses. The instructors were not very understanding, especially when they taught several courses that included hundreds of students. There I was more of a number, while at GSU I was an individual.

It has been nice to be in smaller classes with other students that I would see again and again in other courses. Although this is mostly the result of having fewer choices in times available, it was reassuring to know that I would recognize other students and professors.

Lastly, my experiences from working with the *Phoenix* have been more rewarding than I could have expected. Not only was I forced to break out of my routine, but I've also learned so much more about events going on around the campus and community than I would have otherwise. I've met a state senator as well as interviewed many interesting people that are all impressive in their own ways. Writing and editing for the *Phoenix* has given me another perspective when looking at many aspects in life. I dare say I've learned just as much from my newspaper experiences as I have from my courses. My courses taught me theories and the *Phoenix* has taught me applications. I hope Governors State University and the *Phoenix* both continue to grow and improve as they have all along during my attendance.



College of Arts and Sciences student, Cristina Carney, is a section editor and staff writer for the Phoenix.

Around Campus

Reading And Writing Strategies Offered At The LZ

Tracy Brittnum
Staff Writer

Amy Burns, a graduate student in Reading Education at GSU, and a tutor for the Literacy Zone (LZ), said that being a part of the tutorial program has given her a new love for teaching.

Burns, who also teaches first grade at Current Elementary School in Orland Park, says that the LZ is a one on one teacher to student tutorial session that enables her to target specific areas of concern in child reading perplexities. With this one-on-one extensive tutorial strategy, Burns said she has seen students advance tremendously in just four weeks of comprehensive tutoring.

"My student, Cornelius (Ricky) Hall, has improved in reading while being a part of this program. I have seen him go from being a very shy reader in the beginning of the program to becoming a more open, influential reader now," said Burns.

The LZ is a free tutorial program for students who wish to improve their reading abilities. It also offers free, individualized tutoring for elementary school children in grades 2-6, for middle school children in grades 6-8, and high school students in grades 9-12.

GSU also offers the LZ during each trimester. In the fall and winter trimesters,

the tutorial sessions are offered to middle-and-high school students on a one-on-one basis for 2 hours once a week. During the spring/summer trimester, the tutorial session is offered to elementary school students on a one-on-one basis for 2 hours, 4 days a week.

Each student enrolled in the LZ will learn reading and writing strategies to address their specific area of need. The older students will learn study strategies, strategies to help with reading their textbooks, and techniques that will help them with writing research papers.

Tutors in the LZ are all certified teachers who are currently enrolled in the M.A. Reading program at GSU. Nina Nilsson, Ph.D., a professor in the MA Reading program, supervises the program during the spring/summer trimester; and Joanne Anania Ph.D., also a professor in the M.A. Reading program, supervises the program during the fall and winter trimesters.

According to Dr. Nilsson, the tutorial program is very beneficial to both the graduate students and the children in need of help. She said that the tutorial program helps the graduate students learn staff development, which allows them to take what they have learned in the LZ back to their schools.

Dr. Nilsson said that the tutorial program not only helps the students, it helps the graduates as well by allowing them to incorporate all of their course work, and understanding how everything that

they are taught can truly benefit an individual. According to Dr. Nilsson, everyone looks forward to magical moments when they see the children learning and developing in the program.

"That spark of interest you see when a child finally connects with a character, or an author, or a particular type of text-that is a magical moment. Those moments mark a turning point when a child is progressing from learning to read to reading to learn," said Dr. Nilsson.

According to Desiree Hall, mother of Cornelius and Cordell Hall, students enrolled in the spring/summer session of the LZ, the tutorial program has been very beneficial to both of her sons. She said that the tutors discovered the exact problems

that her sons were having and helped her children in those areas.

Hall said that she would continue the regimen the tutors worked on with her children, and she hopes that when her children return to their regular schools that their teachers are receptive to the recommendations from LZ in order to continue her children's successful accomplishments over the summer.

"It is a blessing that my children were able to be a part of this program. It really shows that tutoring can help a child, especially when the tutors can pinpoint a child's specific area of concern. I really appreciate the LZ and all who make it work and I pray that it continues," said Hall.



Photos by Tracy Brittnum

Parents of Literacy Zone students observe the reading and writing session offered during the spring/summer trimester at GSU.



Phasing Out Cheaters Is Made Easier Via The Internet

Dana Corlett
Section Editor & Writer

Cheating may have become a thing of the past at GSU, due to a new web service called Turnitin. This tool is allegedly able to determine if a student's work is original.

Both teachers and students are able to submit papers via an online interface. The paper is compared to all student work ever submitted. Then, the paper is contrasted with millions of pages on the Internet, books and journals. The findings are returned in the form of originality reports. Any matches are highlighted along with links to the sources.

In determining whether cheating was a significant problem, a Gallup poll found that an overwhelming 80 percent of college-bound students admitted to cheating. Ninety-five percent of those students claimed they had never been caught.

GSU has experienced some plagiarism in the past couple years. In the Communications Department, three graduate students had been caught plagiarizing their thesis.

"[When you plagiarize] you're cheating yourself," said Professor Eli Segal.

Segal only checks for plagiarism if he has reason to be suspicious and doesn't feel that it is necessary to check every paper. He believes if you treat students fairly, they respond fairly.

Turnitin has already been in use by high schools, a number of colleges in the U.S. and all colleges in the United Kingdom. One subscriber is the College of St. Francis (CSF) in Joliet, Ill. Mark Shell, an education major at CSF, said that he would use Turnitin in his classroom. He believes that Turnitin is a useful tool to teach students how to cite sources correctly and show students what plagiarism is.

"I wouldn't be doing my job [if I didn't use Turnitin]," said Shell.

The web service originated from a series of computer programs designed to prevent the reuse of student papers by University of California-Berkeley researchers. UC Berkley then developed the programs into the first internet-based plagiarism detection source: www.Plagiarism.org. The program's success led to the development of www.turnitin.com, which is now used by about 3,500 national and international institutions.

For more information on Turnitin, please visit: <http://www.turnitin.com>.

In August, the GSU Library will be offering workshops on Turnitin. For more information, please contact Beth Hansen-Shaw at: b-hansen@govst.edu.

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Features

In The Spotlight: Backstage At The Center

Stephanie N. Blahut
Editor in Chief

Once again, the stage lights shine bright, the instruments are in tune, and the performers take the stage as the audience applauds enthusiastically. It is time for the 2004-2005 season to kick off at The Center for Performing Arts. While this season marks the 10th Anniversary of The Center, its success can be attributed in part to the dedication of the staff and management who work off-stage to scout, schedule, promote, and organize performers and performances.

"If there are shows we would like to book, I generally strive to make them happen," said Burt Dikelsky, executive director at The Center.

Members of The Center's management attend booking conferences to get an idea of the artists and performances touring each season and that are available for booking; then the choices are discussed with the board program committee. Audience surveys are also utilized in determining the popularity and interest in performing artists.

"I believe that the two operas we have done have had a great impact on our audiences," said Dikelsky. "They were thrilled to have professional opera in the South Suburbs."

"The Broadway touring productions always do well here, so I love it any time we can book those in," said Detmer (DJ) Wells IV, theater manager at The Center and student at GSU.

Wells, a graduate student, is currently pursuing his MA in English and teaching certification at the high school level, earned his MA in Media Communications from GSU in 2001.

"I have always been a people person, so I mostly enjoy the elements of my job

that have me working with people," said Wells.

The connection between the performers and the audience is something that both Dikelsky and Wells expressed to be part of their job fulfillment.

"I take great pride in the fact that the performers and their managers and road crews frequently tell us that we are among the most professional and accommodating of the theaters they play; that renters tell us we make them feel special and make their shows successful; that people attending our shows say they had a great experience here, and that experience is based largely on how well we treated them while they were our guests," said Wells.

Another dimension to their work in The Center is the ability to get up close and personal with the performers. Although these opportunities may seem rare and have a significant impact on audience members, as a liaison, Wells maintains a professional demeanor when dealing with performers.

"Because I worked for several years in the entertainment industry in Hollywood, I have a somewhat jaded view about entertainers," said Wells. "I know that they are just people, so very few have a special impact in my eyes unless they are particularly difficult to work with."

Despite previous experience and years in the industry, there are still instances of excitement when certain performers take the stage or when certain acts are added to the schedule.

My most thrilling memories to date were when Arlo Guthrie and David Crosby walked on to our stage, but I think my biggest thrill will be to welcome "Cats" and Joan Baez to The Center this fall," said Dikelsky.

"I enjoyed working with the people from



Photo by Stephanie N. Blahut

The Center for Performing Arts will start off their 10th Anniversary season with the musical, "Cats."

Victory Gardens Theater, who did a traveling production of the original play, *Free Man of Color*, here last year, because that was such a powerful production," said Wells. "I am greatly looking forward to this year's collaboration with VGT, entitled *Shoes*."

The popular opinion has been quite overwhelming when it comes to the 2004-2005 season at The Center; Broadway's "longest running show" and seven-time Tony Award-winner, *Cats*, has captured the area's attention.

People are talking about our entire

season, and I think having *Cats* at the top of that season is playing a major role in raising our visibility for the coming year," said Wells. "There's nothing like being the only Chicagoland venue for a major touring Broadway show to drum up some local excitement; *Cats* is definitely doing just that."

For more information on The Performing Arts Center at GSU, or for ticket and price information, please visit www.govst.edu/center or call (708) 235-2222.

SENATE PROFILES

advocates and representatives of your voice



"I first became involved in Student Government because I wanted to help enhance the student experience at GSU. I believe each of us can achieve our full potential when we grab the opportunities that a university education can give us, but sometimes we're not aware of all those opportunities. Student Senators can serve to inform their fellow students and constituents of those opportunities. The GSU system of government allows for student input and involvement in policy and administrative decision-making. Student participation is very important, and being involved in student government allows me to personally fulfill that responsibility."

Name: Gail Elizabeth Kallend

Native Country: England

Languages spoken: English, and a "smattering" of French

Major: Counseling

Expected graduation date: December 2004

Plans after graduation: Employment as a marriage and family counselor in a local community mental health agency.

Favorite Food: Does chocolate count as food?

Hobbies: Once upon a time in days long ago, before Internship, there were hobbies. I have fond memories of those! Hobbies have necessarily taken a back seat for now, but I look forward to Hobby-time again after graduation. When that time comes I'll be able to get back to my sewing machines, creating and designing wearable art. I also enjoy going to concerts, plays and movies, working in my flower garden, visiting America's National parks, and keeping in touch with my 4 sons, and my family in England.

What you like most about GSU: The wonderful diversity of the students! We come from all walks of life and all parts of the world. I also like the closeness that grows between students and faculty. We are so lucky to have faculty who put teaching first, and care about the professional development of their students.

Words of encouragement for current students: "Believe in yourself, and when Opportunity knocks at your door, don't be afraid to open it. ALWAYS do the assigned reading for your classes. Keep your goals in sight and you'll achieve them all, in time."

Famous Civil Rights Leader Speaks at GSU

Dana Corlett

Section Editor & Staff Writer

On May 10, 2004, Julian Bond, Chairman of the National Association for the Advancement of Colored People (NAACP), spoke at the celebration of the 50th Anniversary of the *Brown vs. Board of Education* decision. The event took place in the Center for Performing Arts at GSU.

The *Brown vs. Board of Education* decision ended segregation in public schools and declared "separate educational facilities are inherently unequal".

Bond pointed out it is easy to forget the importance of *Brown vs. Board of Education* because of race relations today. He discussed former civil conditions by talking about Martin Luther King, Rosa Parks, and Emmett Till, a man murdered for whistling at a white girl.

According to Bond, the work of *Brown vs. Board of Education* is not done. He believes "the promise of *Brown* has been

broken". In his opinion, the government reacted very slowly to the decision and in some cases made no attempts to follow it. He doesn't believe that the intent of the decision can be realized until all schools, especially those in poor minority neighborhoods, are equal.

Bond served on the Georgia House of Representatives and sponsored over 60 bills that eventually became law. He has narrated several documentaries, published his poetry and articles, and is a commentator on the oldest black-owned show, *America's Black Forum*.

In honor of the anniversary, the GSU library set up a section with material on the *Brown vs. Board of Education* decision. It can be found directly inside the library doors. More additional information is available in a webliography. It can be accessed via the GSU Library website or viewed at www.govst.edu/library/Brown.



Photo by William Kazak

Appreciating the peace and quiet, a student gazes at the pond between classes.

Photo Gallery

Welcome To The Nathan Manilow Sculpture Park

The Nathan Manilow Sculpture Park, containing one of America's largest outdoor collections, may well be the most enduring contribution to south metropolitan Chicagoland of that turbulent and exciting period in art, the 1960s and '70s. Sited across the university's 750 acre campus, all of the pieces selected for the park represent the work of an innovative, renowned sculptor, many from the early stage of the artist's career.

Nathan Manilow Sculpture Park/GSU Foundation
Wagner House, University Park, Illinois 60466
Phone: (708) 534-4105 E-mail: sculpture@govst.edu
<http://www.ecn.bgu.edu/users/gsculpt/index.html>



Photo by Charles Connolly



Photo by Anitra Frazier



Photo by Stephanie N. Blahut



Photo by William Kazak



Photo by Charles Connolly

"Falling Meteor," by Jerry Peart (photographed by Anitra Frazier & William Kazak); "Illinois Landscapes No. 5," by John Henry (photographed by Stephanie N. Blahut); "Throne (for Martin Luther King, Jr.)," by Ted Garner and "Passage," by James Brenner (Photographed by Charles Connolly).

Photo Gallery

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Seasons by the pond...



Seasons by the pond, photos by Stephanie N. Blahut

Visit the *Phoenix* online at www.riseofthephoenixonline.com

Staff Notes

"Clock" continued from Page 5

for article submission and formatting needed to be created. Another contributing factor was the use of Macs for the newspaper layout. Since the Mac technicians are only available on Tuesday and Thursday, the use of Macs became increasingly inefficient and cumbersome.

Let me further advise you that our budget was not the issue with reference to technological advancements. The *Phoenix* has a very sizable budget, all of which is needed to produce a newspaper. The real issue was accessing the funds. Since the *Phoenix* falls under the jurisdiction of Student Life, and because of that "an administrator" essentially controls the Phoenix funds. Because "an administrator" really has no concept of desktop publishing, or the technology and workflows that relate to a student publication, any purchase orders submitted to her that she does not deem necessary are rejected. The thought of "an administrator's" membership on the Information Technology Policy Council (ITPC), makes me question the university's competency with regard to incorporating new technological advances and making informed technological decisions. What could she possibly be contributing to this committee other than her name and title, used to take up space on the current roster?

There have been several occasions in the past year in which the issue at hand was the lack of written procedures for the submission of purchase orders. The problem with this is that the procedures change on a regular basis. For example, a purchase order made by a club would need to be sent to the advisor for authorization, then to purchasing. Next week the same purchase order would have to go through five authorization processes and then it had to be typed. It seemed as though the next process might include retina scans and blood samples! I specifically remember on one occasion that I was required to give a detailed explanation of the *Phoenix*'s use of highlighters before submitting the purchase order to Student Life, because initially "an administrator" had rejected it.

Another dilemma was that "an administrator" only offered information with regards to the verbal policies in her own time – which means some people would have the new information and some people would remain uninformed. How efficiently can a department be run if all of it's members are not informed of changes as they happen? The answer is that it cannot be run efficiently at all. It is slow and disorganized, and the door is left open for misunderstanding and poor communication. Even the use of a simple database to track member information and to spot trends in involvement could save the graduate assistant and the administrative assistant much time, confusion and stress, and could initiate better marketing practices on behalf of the Student Life department. Perhaps this sort of technological advance would be too innovative and possibly to radical to even consider.

When you think about it on a broader scale, the work flows in other departments of the university may operate with the same inefficiency, wasting time and money. That is, the students' time and money. With the impending doom of budget cuts every fiscal year, it would seem that those sorts of inefficiencies would be the top priority, but I digress.

Up to this point I have reflected on the majority of my negative experiences; however, they have not even come close to the power and the impact the positive occurrences have had on my life in the past year. Although this may start to drag on like the speeches given at the Academy Awards, I feel that it is important to share my experiences, bad and good alike, with the readers, and for my own personal reflection.

I had learned from my last job the importance of learning who your upper-management is, and what functions they serve. If it weren't for meeting Chuck Connolly, the director of marketing for GSU, I wouldn't have known who those people were and how to get in touch with them. Aside from personnel knowledge, Chuck answered a good portion of the questions I had when I began on the *Phoenix*. Despite having his head bit off for the help he provided me, in the end our working relationship survived and continues to progress. He has been an incredible mentor to me, and I hope to learn as much as I can from him during my time in the marketing department.

There are many professional and talented employees at the university. I have had the pleasure of working with several of them, including Susan Rakstang, interim director of PPO. She is exceptionally talented, and has always made time to answer or meet with me about questions I have had with regard to services provided by PPO. I have also had the pleasure of working with Detmer (DJ) Wells, the theater manager in The Center for Performing Arts. His extra effort has made the relationship between The Center and the *Phoenix* stronger and as a result it has benefited our readers. The people who staff the HELP desk and work within the IT department at GSU (specifically Ruby Washington, Cleo Jamison, Eileen Kelly) have been absolutely great to work with. Although IT has been the focus of many staff reductions over the last couple of years, these employees have worked tirelessly and patiently to help resolve any technical problems I could not solve on my own. Another person I would like to thank is Viola Gray, director of ACCESS. She works extremely hard managing TRIO programs like McNair and ACCESS. She has been extremely patient with me as a McNair student, and has never held back from giving me a much needed kick in the ass when I need it.

I would also like to mention that the administration at the university truly has an "open-door" policy. My requests to meet with the following administrators (not always in relation to the *Phoenix*) have never been turned down: Dr. Fagan (President), John Touhy (Vice President), Dr. Peggy Woodard (Assistant Provost), and more recently, Dean Nowlin.

Most of all, I want to thank the *Phoenix* staff members (and MCOM students) I have met and worked with over the last year. Staff members include: Lisa Aponte-Soto, Bev Barnes, Monica Bass, Jean Biba-Brown, Taheria Brown, Tina Carney, Laura Casal, David Chambers, Dale Clarke, David Collins, Jay Dobbs, Claude Hill, Beth Parin, Agah Adeel Saadat, Husam Tayeh and Yvonne Yowman. (If I missed anyone, it was definitely not on purpose.) Unlike me, these staff members do not receive even a small stipend to provide their service, insight and creativity to the student newspaper.

One of the first people I met when I began working on the *Phoenix* was Professor Beth Parin. She proactively helped in recruiting photography students and acted as the photo editor for the *Phoenix* for several months. Through her I was able to meet and work with Yvonne Yowman, the brilliant and resourceful graduate assistant in the photo lab. They are both extremely talented, and I hope that I get the opportunity to work with them again in the future.

In the first trimester of my term on the *Phoenix* I worked with several international students. They took great pride in contributing to the newspaper and made a significant impact on my life. I would like to thank David Collins for being my karaoke partner and for being such a great listener. David and Dale returned to Australia in December; however, while they were here they experienced their first Halloween party and White Castle food. Along with Miss Laura Casal (who is from Argentina), the four of us were pretty inseparable. Laura also got the pleasure of seeing me draft six layouts for what was to become the disaster known as the September issue of the *Phoenix*. While it really didn't look all that bad, Laura and I were both very much disappointed that we could not work out the color problems for what would have been a brilliant front page picture.

I have referenced many people who have left an impression on or had an impact on my life in some capacity; however, I was unprepared for the curve ball that came around

"I feel that it is important to share my experiences, bad and good alike, with the readers, and for my own personal reflection."

"My Life" continued from Page 5

to believe that the leadership of the university was keeping apprised of students' issues on a real-time basis. Fifth, this would give the students a means to communicate their difficulties with the confidence that Governors State University cares about them as people. Sixth, this can give some great mileage to your marketing campaign, since there is a common perception among students that the entire university experience is fraught with difficulties that are, for the most part avoidable. In offering this alternative dispute resolution venue, you place the university squarely in the middle of the movement that is already changing the way disputes are handled in the legal world. This is cutting edge customer service in terms of a university.

I am not advocating becoming soft; what it amounts to is that students will vote with their dollars. Sure it's a major hassle changing schools, and knowing that, it is less likely that someone would do something that drastic. But when the customer starts looking elsewhere, maybe the GSU faculty and administration will respond to our expectations of better service, and begin demonstrating an improved attitude, especially from the faculty who seem to avoid dealing with student concerns. Let me say that the majority of the faculty seems to be fine, professional and caring educators. The administration seems to be doing the best it can as well.

There is a clown in every crowd, however, and unfortunately, there exist some here at GSU. I even have heard testimony from five students that a certain professor is so busy writing books that the professor's teaching must be suffering – because after having had at least one class where enrollment started at 30, then went to 6, five of those students received a grade of Incomplete. How often this has happened with this professor is unknown at this time, but someone who stands over students while they fill out instructor evaluation forms, when it CLEARLY STATES on the paperwork that the instructor is to leave the room (for OBVIOUS reasons, ethical considerations being only the beginning). This is not someone I would rush to give tenure to (this professor recently was awarded tenure, by the way). Perhaps it is just this sort of behavior that led to an impression that the students really think a lot of this professor, and led those who award it to decide that tenure should be awarded. Let us pray this administration did not fall victim to this kind of subtle manipulation. We can only hope that this is a behavioral anomaly, and that the future will show us that.

The way I see it, GSU is only as good as the service it provides, and if you students are not satisfied, speak up and write letters until you get a response, and keep reminding everyone how precious your time is, how essential your money is, how hungry your mind is, and how much you just want to learn. All of this because you simply want to go out and apply what you've learned in the real world. Why should getting an education be a lesson in procedural bungling, and disputation resulting from miscommunication? Call your dean, your provost, your president, if necessary, but remember this: if you want something done, find the busy man or woman. They will get it done!

Last but not least, you part-time faculty (Krasnodebski, Yirku, Mantel, Glumac, etc.) that seem to outshine some of the entrenched regulars (who cannot seem to find the time to interact with students to facilitate the learning process), you know who you are, and you must keep on doing the right things you are doing! You just keep your light shining brightly, and some day, maybe one or more of us former students will come back to GSU and walk in your footsteps, and provide a proper example of educational excellence to the students! Those of you who do that now, my hat goes off to you. You make the difficult simple, the obscure clear, the mysterious comprehensible, and we are all better for it!

It seems as though this university is in a state of flux. With that said, those who will listen to what murmurings there are, and can read the writings on the wall, will know that as long as you keep students coming in, and as long as they keep staying in, to graduate, Governors State University will survive, and with a little extra effort, may even prosper. You are the powers that be who will lead this university through the current crises, and you have my earnest gratitude. ■

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departments, such as ITS and PPO.

"I'm not prepared to say we'll do it; but we will look into outsourcing," said Dr. Fagan, during his convocation speech in October 2003.

Along with a review of the outsourcing options, Dr. Fagan also made reference to a university-wide evaluation of efficiency during the same speech. The evaluation would be part of a re-organizational effort, made to "improve quality and service, not to reduce staff."

"I would like a comprehensive evaluation of all operations including marketing, legal, purchasing, processing, bursarial functions and so on," said Dr. Fagan. "We'll ask the same question: can we improve the delivery of service?"

Other areas impacted by the budget have resulted in support cuts to the Financial Aid department and the Registrar's Office. Another result of the reductions was to defer maintenance. Despite the restrictions placed on the university by inadequate state funding, its focus has remained clear: "work had to protect the students."

One Size Does Not Fit All

GSU's mission, unique in Illinois, is to provide adult students with an affordable, high-quality education. The governor's proposed budget calls for across-the-board reductions, lumping GSU into the same category of other public universities despite its differences.

"We've been telling Springfield that each of the public universities has its unique mission and purpose. U of I is a world-class research institution; GSU's mission is to serve the working adult," said Dr. Fagan.

According to Dr. Fagan, the state should take into account the purpose and efficiency of each of the public universities before deciding on the appropriation.

"We've argued that one size does not fit all," stated Dr. Fagan.

The GSU experiment referenced in the president's convocation speech in 2003, called the result of the experiment "nothing short of economic and racial justice."

GSU has served not only the stereotypical college student but blue-collar adults, minorities, economically disadvantaged, and first-generation college students. GSU has won the approval for funding by several federal TRIO programs including: ACESSS, Upward-bound, and the McNair Scholars Program.

"On the academic side, legislators and IBHE have nothing but praise for Governors State," said Dr. Fagan. "Accrediting bodies now give us the highest marks and independent evaluators rank our programs the best."

Fagan's Testimony Appeals To The Senate

To combat the results of further budget reductions, Dr. Fagan appealed to the Senate Appropriations Committee in Springfield on June 18, 2004. Accompanied by Student Senate President, Linda Williams, Dr. Fagan pinpointed the departure from achieving Gov. Blagojevich's original initiatives as a result of the reductions made in appropriations to higher

education.

"We've had to say 'no' to requests for cohorts from El Valor and local school districts. 'No' to requests for preparing secondary math teachers. 'No' to requests to expand our alternative teacher certification program. 'No' to requests for cohorts in the health professions," said Dr. Fagan before the committee.

The original key initiatives, outlined by the governors proposed budget to focus on K-12 and healthcare, would fall short due to the lack of funding to provide teachers and other professionals in these areas.

"Administrators, and to some extent students, can live with many of the difficulties and inconveniences the budget cuts have created. But no one can accept the devastating long-term impact of these cuts on the communities we serve - especially in the areas of primary and secondary education and health care, two priorities for the governors and the legislature," said Dr. Fagan in his appeal.

The consequences of cuts made at the state level have the potential to affect the educational priority of the federal government as well. The lack of education for future teachers, would result in the decreased opportunity to fund education for children. In his appeal, Dr Fagan told the committee, "Cut funding for higher education, and many more children will be left behind."

A Renewed Vision

On the side of higher education, political allies such as Senator Richard Durbin, Senator Debbie Halvorson, Congressman Jesse Jackson Jr. and Senate President Emil Jones, have aided the university in its struggle to weather the latest round of fiscal parsimony required by the state.

In addition to political efforts, strategic preparation on behalf of the colleges within the university has included securing federal and private funds, to combat the fall-out state appropriation reductions could potentially have. The College of Health Professions (CHP) recently received a grant for \$1 million over the next four years. In September 2003, the CHP *E-Pulse* newsletter reported that IBHE approved the Higher Education Cooperation Act (HECA) grant for the college with the grant money allowing CHP to build partnerships within the community that will remove barriers that keep minority and disadvantaged students from entering the nursing profession. In June 2003, the newsletter reported that the college had received \$117,000 in grant and scholarship money from the Health Resources and Services Administration Bureau of Health Professions. The grants and scholarships help advanced nursing traineeships and provide scholarships for graduate nursing students who are in their last 12 months of study. More recently, CHP has been informed that the US Department of Health and Human Services awarded four CHP programs grants for scholarships for economically or educationally

"Cut funding for higher education, and many more children will be left behind."

Campus Announcements

Utility Service Shutdown: 8/23/04 through 8/27/04

Every year PPO shuts down certain utilities for repair and maintenance, suspending services throughout various sections of the university. This year our shut-down will take place Monday through Friday, August 23 - August 27; on August 28th, all systems will be back in order. Interrupted services will be as follows:

Steam shutdown

University-wide, hot water will be turned off. While the swimming pool will be closed during this time, the Fitness Center will remain open, but hot water will not be available in the shower rooms.

Electrical shutdown

F wing only, electrical service will be interrupted on Friday, August 27th between 6:00 a.m. and 8:00 a.m. This will affect the elevator across from F1633, all lighting (except emergency lighting), heating, ventilating and air conditioning.

NEW STUDENT CLUB FORMING AT GSU

Students for Academic Freedom is a national coalition of independent campus groups, dedicated to restoring academic freedom and educational values to America's institutions of higher learning.

The goal of Students for Academic Freedom is to secure greater representation for under-represented ideas, and to promote intellectual fairness and inclusion in all aspects of curriculum, such as the hiring process, the spectrum of courses available, assigned reading material, and the decorum of the classroom and the campus public areas.

Commenting on the need for the Students for Academic Freedom club at GSU is coordinator Jeff Grigoletti:

"While Governors State University celebrates its mission of diversity, it should be noted that true diversity is more than just having a classroom of mixed ethnic backgrounds or the color balance of the faculty. University atmospheres should support academic freedom and intellectual diversity in the never-ending pursuit of truth. Students for Academic Freedom will strive to protect the intellectual independence of professors, researchers and students, in the pursuit of knowledge and the expression of ideas, from interference by legislators or authorities within the institution itself."

Students interested in learning more about the Students for Academic Freedom are urged to contact Jeff Grigoletti at: jgrigoletti@walshforum.org or at (708) 612-1640.

disadvantaged students.

As reported in the College of Education's, *LearningLife* newsletter, in January 2004, Senator Durbin visited the university to announce nearly \$700,000 in funding for GSU's, new teacher training initiative, An Adventure of the American Mind (AAM). AAM is a program from the Library of Congress that trains and supports K-12 teachers in making available the resources of the Library of Congress, for use in schools.

"A project like AAM levels the playing field for students by giving their teachers unparalleled resources," said COE Professor, Sandra Estep. "We give them training; we give them support; and we give them the technology, laptops and software, to put their students, virtually, in the Library of Congress."

Another step taken by the university to acquire outside funding was the hiring of Vice President for Institutional Advancement, Dr. James Britt. According to Dr. Fagan, Dr. Britt is developing a plan to secure funding from private sources.

"We'll be asking staff, faculty and students to support the programs he and his staff roll out," said Dr. Fagan.

Dr. Britt's staff will also include newly appointed Director of Advancement Services, Sandra M. Taggart, and Director of Regional Resource Development, Terry Doran.

"Our job in University Advancement is to bring the university together with organizations, institutions, and philanthropists who believe strongly in the university's mission and commitment to the region," Dr. Britt said in a recent GSU press release. Taggart and Doran are responsible for taking the Governors State message out to the community in the effort to raise the awareness of its significant mission.

"The university has been a solid partner with the region for 35 years," said Dr. Britt. "Since the beginning, has brought its best resources to bear meeting the region's needs in health care, education, business and community outreach."

In addition to the effort put forth by the faculty and administration, the university will withstand the budget adjustments handed down by the state. According to Dr. Fagan, the university will have no reduction in state funding for fiscal year 2005.

"WebCT" continued from Page 1

perceptions of our courses, and to collect information and put it into summary form to share with the faculty who teach those courses.

"I think the faculty will be surprised at what students like and dislike about our courses," said Nowlin. "I think this is and will be an invaluable opportunity for the faculty to learn a few things about how their courses can be enhanced, to improve student learning and to better facilitate the process in which they run their courses."

A feature recently added to the cyber discussion is the ability to post anonymously.

"It is possible that students have not told me everything they want me to know," said Nowlin. "As you know, students' participation is not anonymous, and so the fact that it is not anonymous may have some bearing on what students are willing to share with me, given that they know I know who they are."

The cyber discussion will remain accessible to all students currently registered in the summer 2004 trimester's online courses until the end of August. To log into the cyber discussion, students should log into WebCT at <http://www.webct.com/govst>. For questions or comments regarding the "Dean's Cyber Discussion of Learning on the Internet," please contact Dean William Nowlin via e-mail at w-nowlin@govst.edu.

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Illinois Republicans: Rise Up And Stand Up

Jay Dobbs

Commentary Writer

Since the 2002 Illinois elections the Illinois Republicans seem like they are having trouble making a comeback and uniting as one party. I say its time to RISE UP and STAND UP, rise up and fight back with the strength and might to win back the great state of Illinois, RISE UP and STAND UP, its time to show the people that the Illinois Republican party is ready to lead Illinois again. Right now I think this is a good opportunity for Illinois Republicans to show how the Democratic party in Illinois are playing politics with the citizens of Illinois, for example, look how long it took to get a state budget for the year and the fighting between the Democratic Speaker of the House Mike Madigan and our Democratic governor over the budget. Illinois Republicans should take this opportunity and use it to their advantage and show the true colors of the state Democratic Party or at least their leaders and show the people of Illinois that its time for a change, its time to rise up and stand up and unite as one strong Republican Party, stronger than the Democratic Party, lets stop the infighting and unite, lets win back Illinois in 2006, lets just win one for the Gipper, its time for Illinois Republicans to have fire in the belly in taking back Illinois in 2006.

Plans To Eliminate School Psychology MA Program

Dear Editor:

With dismay I learned recently that administrators at Governors State University have communicated to the faculty their plan to eliminate the School Psychology master's degree program. Faculty, students and alumni will undoubtedly question the process underlying this plan, and I am writing to express my disappointment in this turn of events.

I served as chairperson of the Psychology and Counseling division for 22 years, from 1981, when the Illinois State Board of Education approved the program, until 2002. During that time, the program became accredited with the National Association of School Psychology after a brief period of probation. The probation resulted from stretched resources due to great demand, and was lifted because the University added faculty and hired an excellent director for the program, Dr. David Prasse. In 2002, the program was vital but, as always, in need of strong continuing leadership.

GSU is the only public university in the greater Chicago area to offer a master's degree in school psychology, and as such it has provided affordable access to a large student population. The program has approximately 500 graduates, more than any other school psychology program in the state. GSU's program also has produced more minority school psychologists than any other program in Illinois, and there have been many GSU students honored with minority scholarships from the Illinois School Psychology Association. A significant number of GSU graduates are employed by the Chicago Board of Education and suburban districts, including Crete-Monee, Homewood-Flossmoor, Dolton, Country Club Hills, Kankakee, Joliet, Homer Township and Lockport, among others.

The proposed elimination of such a successful and productive program leads me to question the decision-making process and the wisdom of those involved in the decision. Although there are the usual pressures of cost, state budget cuts, and recruiting and retaining competent faculty, I believe that good leaders with vision can find ways to overcome these challenges. I would encourage GSU's president and other administrators to find a way to preserve this valuable program, which fills a very important need in the greater Chicago area.

Sincerely,

Dr. Addison E. Woodward, Jr.
Professor Emeritus
Palos Park, IL 60464

Focus On Campus Safety

Dear Editor:

I noticed that GSU does not have any cameras in the hallways or in the parking lots. Where is all of the student life money going? This is 2004! Is a new gym floor more important than our safety? I say "no!" Safety is paramount. What if a student, staff or faculty member was attacked in the hallway? How would we feel then? What a price to pay for lack of insight!

The high paid faculty and administration should donate to the cause of increasing student safety by purchasing cameras to monitor the hallways and parking lots. I know I would "sell candy" to do my part.

Best wishes,

Dee A. Kinde

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because you control funds that nobody calls attention to? 6. Or is it because you believe that the student body is just incapable of comprehending the complexity of your tasks? 7. After all, this writer has interviewed the Student Senate President and Vice President at length (unofficially, of course), and found nothing but guarded comments and an air of protective silence regarding your activities involving Student Life, Student Services, and the Senate. How curious!

Answers are not forthcoming, so the student body had better pay up and shut up, because this is not something that the students have any time to investigate, and really, who cares if fees go up and the students receive less services than they do now, such as those pathetic 'gift boxes' offered at new student orientation. You know, the box that comes with travel-sized deodorant, samples of cold pills, and other equally useless junk. Those have to be one of the biggest jokes on the students I have seen. Those boxes, by the way, are provided as a means for manufacturers to build a database of future customers, namely, the students. Or is there some other reason I receive junk mail from those companies, after having had to sign my name to a list to get a box. After one box, I was through.

Who but someone with serious interest in students and their welfare, would attempt to run a department with a budget as big as that of Student Life without a procedural manual? Do the math, people! You do not need a Ph.D. to figure out that something doesn't add up! 6,000 students multiplied by three trimesters multiplied by \$24 student center fee = \$432,000.00. Then, 6,000 students multiplied by three trimesters multiplied by \$29 student activity fee equal \$522,000.00. This comes to \$954,000.00, and that does not count the \$115,000.00 reported in the recent budget as the income from the student center fees assessed to those who are faculty, alumni, or community members who use the pool gym, etc. The grand total that this writer can come up with doing the elementary research is \$1,069,000.00. Out of which Dr. Lorraine Sibbet is paid \$64,000.00, leaving \$1,005,000.00. This of course does not count those Federal funds that are added into the total, so let us not even consider them at this point.

So Dr. Sibbet is hired to run student life, and then refuses to provide a line item budget to account for these sums when the information is requested of her by the Student Senate Fee and Finance Committee. Even IBHE does not have the chutzpah to do that! According an IBHE Memorandum dated February 18, 2004, the key themes of the Governor's budget are fiscal discipline, accountability, and efficiency. Legislative actions taken in 2003 Spring session regarding budgetary accountability and control, House Bill 1543 passed (Public Act 93-029), requiring that all appropriations to public universities be by standard line item. What this means to Dr. Sibbet, is that the day does not seem too far off when she will also be required by law to provide accountability. I sincerely hope that she will be prepared for this.

Dr. Sibbet would appear to exhibit a very poor opinion of the intelligence level of the students she purportedly represents. At the same meeting where she refused to give a line item budget accounting for the funds, which are incidentally the same fees that pay her a \$64,000 salary, she stated: "There is only \$36,000 available for distribution to all of the student clubs, including the newspaper." Let me see; \$100,000.00 for her salary and for student clubs, which leaves, hmm..., \$969,000.00 for her to...uh, appropriate.

Now let us all think about this for a moment. What is that other \$969,000.00 going? Do you see why her obfuscation

(Webster's: to make obscure, dark) on the issue of accounting for her management of student fees is somewhat significant? What kind of message does this situational conflict send to the students, other administration personnel, and the community at large? After all, if there is nothing to hide, then why put up a wall? It just seems that popcorn, hot dogs, soda, and some movies are awfully pitiful for a budget that seems to support more in the way of significant services to the student body.

When someone is responsible for managing a fund that is comprised of public monies, that person is well advised to advocate a position of openness with regard to their stewardship of those funds. Especially considering that when their salary is derived from those very same funds, the magnitude of that conflict of interest is such that it reminds me of an ancient proverb, which states 'Avoid evil; avoid even the appearance of evil.' Strong words, no doubt, but it just needs to be mentioned that since there are so many issues and so little reply, one could get the impression that Dr. Sibbet activities are not being examined very carefully. Does it seem as though Governors State University has chosen well in appointing Dr. Lorraine Sibbet as the Director of Student Life? Since no one here is ready to answer me yet, that question is left to the readers.

One would think that in a setting where the search for the truth is held as the highest pursuit, this kind of situation would not, even could not exist. Any indication that the university has at least a passing interest in providing an explanation for collecting student fees totaling approximately \$1 million dollars last year, while providing less in student activities than some community colleges. After all, if there is a reasonable explanation, then it should be forthcoming. A letter to the Editor would seem to go a long way toward answering the students concerns.

My major question(s) is/are as follows: Why is an administrator, who is not a civil service employee, hired to manage monies belonging to the state? Monies, which, by definition, are to be used to serve student interests? This may mean that anything Dr. Sibbet does is not actually performed by an agent of the state of Illinois, therefore, does that mean that if anything is later found to be not in keeping with GAAP (generally accepted accounting practices); the state is not responsible, because she is not actually representing the state? However, she is the hired agent of the school's administration; as such, her actions are directly attributable to the administration that hired her. They might be well-advised to take a look, a good look, at what is going on in Student Life. Especially because GSU just got a new gym floor, which according to Dr. Sibbet, was paid for out of Student Center Fees, and from Student Life Contingency Funds. Hmm. I don't know about you, but that sounds like it really needs further clarification, if the students are going to believe that they are NOT in fact, paying for a new gym floor. This is a capital improvement, by the way.

My only conclusion is that the school administration must have some valid reasons for having an administrator in charge that refuses to account for her budget. Shows an intractable disposition, and has increased student concerns with her management style, while decreasing their activities.

Know this: every dollar that is paid in must be accounted for at some point. So, unless and until that day comes, "The Song Remains the Same."

Sincerely,

Hamilton Adams

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People

African-American Men & Cheating Does History Reveal the Truth?

Tracy Brittnum
Staff Writer

Kenneth Williams, 51 year-old former husband of Wanda Williams and father of two and a former student of Governors State University, who, says that cheating among African-American men has origins that go back to slavery.

Williams believed that cheating in the 21st century is an existing problem because during slave times, African-American men that had a strong body makeup and worked hard was only allowed to sleep with the African-American women in order to impregnate them for their children to have the same body make up of their fathers.

Williams believed that because of this historical fact, African-American men continue the cycles of cheating on their significant other. He said that African-American men could not control the urge to be with more than one woman. He says that in other countries it is expected of men to have more than one partner.

"For some African-American men, cheating is a genetic disorder. I believe that slavery times encouraged men to sleep with many different women, and because of this it is in the black men genetics to be with more than one woman at a time," said Williams.

According to Jacqueline Conley, Ph.D. in counseling psychology and an assistant professor at Chicago State University, African-American men and cheating is a problem that could have originated from slavery or any genetic defect. However, Dr. Conley believes that cheating is a learned behavior of choice that African-American men develop from their surroundings and society.

"We as society tend to minimize monogamy. In part, cheating on your spouse or longtime partner is nothing but a conduct that develops from a learned behavior," said Dr. Conley.

Dr. Conley believes that African-American men learned this behavior from many possible sources. She believes that this behavior is learned within their homes, from family members, word of mouth, friends and perpetuation through music and videos.

According to Dr. Conley, African-American men continue to cheat on their spouses and partners because they are allowing them to do so. She believes these women tend to accept this behavior out of fear of being alone, and/or believing their spouses or partners will change after they have experienced cheating one time.

Dr. Conley says that women who believe that men will change because they have experienced cheating one time have the wrong perception. She believes that African-American men who cheat have internal problem within oneself or some type of character deficit. She believes that these men have low morals, low values regarding women and themselves, and low spirituality. Additionally, these individuals may be those who can not commit, who fear intimacy, and

are possible sex addicts.

"Infidelity is a personal choice one makes. Men use infidelity as reasons to keep from taking that final step into a commitment of marriage. Although I believe that there are many African-American men who are faithful and have strong values, morality, and spirituality, unfortunately these are not the men that are recognized in society," said Dr. Conley.

Dr. Conley believes that African-American men engulf themselves with so many excuses in order to cheat. She says that these men can make up as many excuses as they deem necessary but cheating is a still personal choice they make. She believes that African-American men have many examples of men who are faithful to their significant others and do not continue on this path of cultural destruction.

"Somewhere in life we became a society that is oblivious to commitment and family structure. Exposure to relationships comes up somewhere in a persons' life and it is up to the individual to learn these values, morals, and respect for their partners and spouses," said Dr. Conley.

According to Jermaine Pelt, a graduate student in public administration at Governors State University, African-American men and cheating does not generate from history or genetics. He believes that some African-American men cheat because they want to and they are selfish, want to conquer women, and they feel they can get away with it.

"The African-American men that cheat have a void inside of them and they do not know what they really want in life, so they cheat on their significant other to avoid what they feel inside," said Pelt.

Pelt believes that some men cheat because they have been hurt in past relationships and others cheat because it is viewed by their peers as being popular. Pelt says that everyone plays a part in infidelity. He says that the women accept it, peers encourage it, and the cheater continues to cheat.

According to Pelt, the only way to minimize cheating is to promote awareness of healthy relationships, respect of oneself and others, teach values, and morals. He believes that African-American men can break the cycle of cheating if it is not so easily accepted by society. He says that society accepts promiscuous behavior as a form of popularity and that because of this these men think cheating is a reputation builder.

"They are so many ways to diminish cheating in our culture. The first way is to teach monogamy at home, whether it is a single family home or not monogamy can still be taught. Another way is to stop allowing those who cheat to believe it is builds their character, by making the cheater feel ashamed and embarrassed. Then there is a strong possibility he will stop cheating," said Pelt.

Citizen Change Campaign Calls For New Voters

K. Warner
Staff Writer

On Monday July 22, 2004, Pop Mogul Sean Puffy Combs (P.Diddy) launched a campaign called Citizen Change, which will target registered and new voters 18-30 years old for the upcoming presidential election.

The organization will hold identical ties to both the Democratic and Republican conventions. Combs is also inviting both President Bush and Democratic candidate John Kerry to partake in the Citizen Change events. "It will be equal, 50-50," Combs said. (Newsweek, 7-22-04) According to Eric Dayton an undergraduate student in criminal justice program at Governors State University, not everyone agrees that the registration of new voters will be effective in winning political elections, just by popular vote alone.

"This may be true to a certain extent but what happens when the popular vote does not beat the electoral vote," said Dayton.

"Combs is making a good effort and it's a wonderful thing to do, but it doesn't matter when the electoral vote is the one who nominates the winner. Not the popular vote."

Yet many campaign activists believe that the popular vote is a vital political force. According to Trenton Federick, a volunteer assistant for Barack Obama (Illinois Senate candidate for 2004 election), "it is important for the popular vote because it gives you the opinion of the people in the majority state, who the people want in office and who their candidate of interest might be."

"Normally the popular vote is the winner, however in the 2000 election George Bush had the state of Florida, which has a larger number of electoral votes, which helped him win," Federick said.

Everyone can have a certain opinion

but statistics gathered show that most people who are voting these days feel that they most identify with the person they are voting for as an adequate candidate. For this to be accomplished you have to lure the voter in the proper direction. This seems to be the plan of the Democratic Party this year to gain the popular vote which could possible exceed the electoral vote this time around.

"The Democratic margin among voters is 20 percentage points above Republicans," explained Ann Lewis, head of the Dem Nat. Committee's Women's Vote Center. The party's goal is to get more young people to vote. All 4 days of the convention have youth appealing events. A celebrity like Puffy Combs fits into the cast.

"You need to have the messenger look like the person you're bringing the message to," said Malia Lazu in the Chicago Redeye, national field director for the Young Voter Alliance, part of the Young Democrats of America. "Young

people identify with their culture. I was raised in a hip-hop culture. It's not a racial thing. About 70 percent of hip-hop music is bought by white people."

Donald Washington, an undergraduate student in Information Technology at GSU, said his opinion of the overall campaign decision to use celebrities to obtain votes.

"It's very true that Combs can make a difference because the younger generation looks up to him as a positive role model, businessman and entrepreneur, so they see themselves following a leader, not just a musical icon."

The message is clear that everyone has his or her own opinion of what the popular vote can make happen. Despite celebrity status, it is our constitutional right to go out and vote.



Online Wedding Planning

Christina Carney
Section Editor & Staff Writer

Dangerously deciding to plan a last minute wedding, my mind has been a whirlwind. Like many brides-to-be, I've done a lot of research on the various venues for reception halls, dresses, churches, restaurants, hotels, DJs, photographers, flowers, etc. Usually, I like to do most of my research online, however, in this case I found that online information for weddings is disappointing in that they are two-dimensional.

In searching for dresses, for example, I first found a stunning looking diamond white ball gown with silver appliques. On E-bay, the dress would cost half of the retail price. However, with ordering a dress online, you really cannot know what you are getting. Luckily, I was able to find the same dress at a Bridal shop, tried it on, and found that my beautiful ball gown was just too fluffy to flatter my figure. Similar experiences have occurred when researching prices for anything to do with weddings.

Most reception halls required that you call and speak to someone on price as well as availability. If I had not actually walked through one of my first choices for a reception hall, I would not have known that apart from the beautiful chandeliers and mirrors, there was a musty smell that permeated the entire building. Looking for hotels has also proved to be a challenge, especially in finding the right area and knowing what you will be paying for. There are many amenities that sites such as www.travelocity.com and www.hotels.com that will list, along with prices, available dates, and even photos. However, again this is only a two-dimensional type of review, as many helpful customer reviews on these sites have revealed poor service, dirty rooms, loud noises, etc. Only time will tell what these rooms will actually look, sound and smell like.

Some sites I might recommend, for browsing only are www.ebay.com, www.davidbridal.com, www.houseofbrides.com, and www.weddingpages.com. Many of the Chicago land web sites and expositions are catered to the city and even the North suburbs, so a little more searching is in order for the south suburbs. One successful online experience has been bridal registries. With very little time to shop in stores, I had fun shopping at my computer through www.pier1.com, www.bedbathandbeyond.com, and was able to concurrently register with Target and Marshall Fields using my Amazon.com user name.

There is one website that I am extremely happy with, which I only found thanks to a co-worker (thanks Lisette!). www.theknot.com is a unique site that has the usual shops and links to sources, but even the local venues that they provide contain additional information, like which companies are the most and least expensive and links to email or contact them for pricing and availability. The best aspect of this website has been the ability to create your own wedding webpage (my page can be viewed at www.theknot.com/ourwedding/ChristinaCarney&BrianSimon). This webpage also can inform guests about the ceremony & reception, any other additional information, and allows them to RSVP online. Another unique feature to The Knot is the notebook area that allows users to save products for future reference. They also have articles, advice, and a registry. The Knot also has the ability to look up a couple's bridal registry anywhere. I found this out when I entered my name and lo and behold, all my registries popped up from the above named companies. I never entered this information into The Knot's website, so I was surprised that they accurately and completely reported all my registrations.

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Three Tips to Reduce Your Advertising Costs

Advertising costs are a bitter pill to swallow for many small businesses. Many businesses rely on advertising to keep customer traffic up, but the cost of a continuous advertising presence can be overwhelming for some small business owners especially in today's sluggish economy. Here are 3 tips to help you reduce your advertising costs while maintaining your advertising effectiveness.

Piggyback

Do you regularly send out flyers or mailers to the local market? Why not share that cost with another small business. If you normally buy the back page of the weekly community newspaper, why not split that page with another reputable retailer? Piggybacking your ad on another ad, or allowing another retailer to piggyback on your ad, essentially cuts your cost in half. While it may also reduce your ad response somewhat, it is an excellent method of maintaining a continuous advertising presence and saving money. The key is to piggyback with a reputable partner. If you reduce the size of your ad you put the control over who gets the other half in the hands of the newspaper or magazine. Instead, buy the ad yourself and work out a deal with a pre-selected small business in your area to ensure that your shared ad is not shared with a competitor, or a company that you would prefer not to be associated with.



Reduce your Frequency

Advertising is usually measured in two ways: Reach and Frequency. Reach is the number of people that actually see your ad, and Frequency is the estimated number of times that those people see your ad. So a low reach, high frequency campaign will result in your message being heard often by a fairly small group of potential customers.

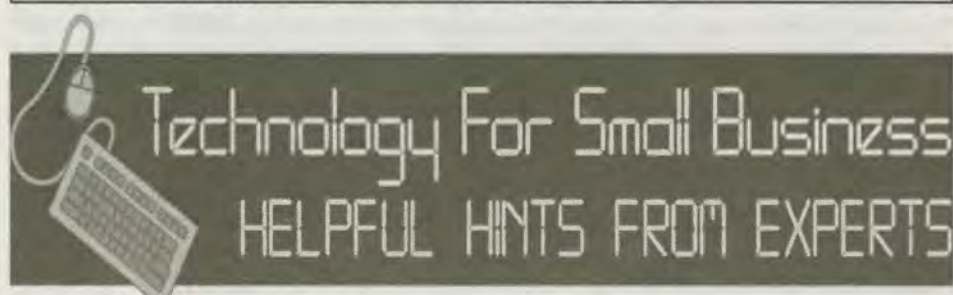
If you have to sacrifice one of these, it should be frequency. Your 12-week radio campaign can become a 10 week campaign. Or instead of 6 spots per day you can reduce it to 5. Reach should be left untouched, simply because you selected a particular group of customers for one reason: you think they might buy your product or service. So don't cut them out of the equation. Instead, hit them less often with your marketing message.

Look to PR

Advertising is expensive. PR (Public Relations) is essentially free. If you can gain some exposure through your local media outlets, you can be sure that it will generate a better response for your small business than your typical ad campaign. One article about your business in a local newspaper or an appearance on a local TV show is better than advertising because of the credibility it brings to your business. You could easily drop a few ads from your campaign if you land some publicity for your business. By keeping your local media informed of your business activities, including things like major sales, expansions, or trends in your business that customers would find interesting, you may open the doors to free publicity and save advertising dollars along with it.

By piggybacking your ads with those of other companies, slightly reducing your frequency, and seeking PR opportunities for your business, you will be able to reduce your advertising costs without greatly affecting your advertising response rates.

Will Dylan is the Author of "Small Business Big Marketing" a powerful e-book for small businesses available through his website www.marketingyoursmallbusiness.com. Will also offers article and news release writing services.



(NAPSA)-Companies hesitant to increase staff to help grow a small business can consider adding a new hire that will never be late, call in sick or ask for a raise.

Sound too good to be true? Not if that new hire is innovative and affordable telecommunications technology.

There's never been a better time to invest in productivity-boosting telecom products and services. Perhaps best of all, well-known companies like Sprint are focusing their efforts on helping small businesses cut costs while expanding operations.

Many workers are demanding the freedom and flexibility that mobile communications technology offers. A wireless connection card, for instance, allows any employee with a laptop to set up shop virtually anywhere-from a client's office to an urban coffee shop. Wireless connectivity can provide rapid access to the Internet, email and company databases. Salespeople with wireless connection cards in their laptops, for example, can submit new orders from the field, speeding up delivery and improving customer service.

There are also a variety of portable "smart devices," such as palmOne's best-selling Treo 600, that allow users to make phone calls, keep calendar and contact information, retrieve and send email messages, browse the Web and take digital photos.

Many small business owners I've interviewed use the digital cameras in their wireless phones to provide clients continuous progress reports from construction sites. Others send colleagues digital images to share the excitement of a trade show or industry conference.

Business owners now have the option to bundle their communications services together to receive significant discounts. Many companies offer attractive rates for local, long distance, high-speed Internet connection and wireless services. And there may be volume discount plans on your wireless phones.

When choosing a communications provider, make sure the company provides "business class" customer service. I mentioned earlier how big companies are now focusing on small business. Firms such as Sprint recognize how busy small business owners are and offer dedicated reps that can help streamline your account and billing options- look for this type of service when possible. It's so much easier to deal with one provider rather than hassling with multiple companies, especially when your time is so valuable.

Jane Applegate is one of America's most respected small business experts and author of four books, including, "The Entrepreneur's Desk Reference," published by Bloomberg Press.

Benefits Of An Accessible Website

By: Trenton Moss

The DDA (Disability Discrimination Act) states that service providers must not discriminate against disabled people. A website is regarded as a service and therefore falls under this law, and as such must be made accessible to everyone.

Some organizations are making accessibility improvements to their websites, but many are seemingly not making the accessibility adjustments. Disabled people don't access their website, they say, so why should they care?

There are, however, two very good reasons as to why businesses should start taking these issues seriously: an accessible website will make you more money and will save you money.

There are seven explanations for this:

1. Your website will be easier to manage - An accessible website separates the content (the words and images that we see on the screen) and presentation (the way that these words and images are laid out) of each page. Each web page has an HTML document that contains the words and images for that page (the content), and calls up a CSS document that includes the presentation information - this CSS document is shared by all the pages on the website. To adjust the layout of your website, you only have to make changes in the CSS file, saving considerable time (and therefore money).

2. Your website will be compatible with new browsing technologies - In the near future, the use of PDAs, mobile phones and in-car browsers will all regularly be used to access the Internet. The people making use of these new technologies are generally high-income individuals. In order to reach this lucrative target, you'll need a website that is accessible to these machines. To test your website, try using it with the Wapalizer (<http://www.gelon.net>), which shows how your site will look on a mobile phone.

3. Your website will appear higher in the search engines - By making your website more accessible to web users, you're also making it more accessible to search engines. Search engines cannot usually understand images, JavaScript, Flash, audio and video content. By providing alternative content to each of these, all areas of your website will be accessible to search engines, which'll then be able to have a better understanding of its purpose. The more confident a search engine is of your website's purpose, all other things being equal, the higher it'll place your website in the search rankings.

4. You won't have to incur legal fees - The RNIB (Royal National Institute for the Blind) and the DRC (Disability Rights Commission) have been exerting pressure on companies and the government to make their websites accessible. Indeed, the DRC has now published their findings from their accessibility investigation of 1000 websites. They've warned firms that they'll face legal action and the threat of unlimited compensation payments if they fail to make their websites accessible to people with disabilities.

5. The download time of your website will be significantly improved - Accessible websites generally download quicker than websites with poor accessibility. Just 25% of web users in the UK are connected to the Internet via broadband (source: <http://www.statistics.gov.uk/pdfdir/intc0504.pdf>). You can be sure that if your website takes much longer than ten seconds to download then many of your site visitors will be clicking away and you'll lose their custom.

6. The usability of your website will be enhanced - There is a certain amount of overlap between web accessibility and web usability. It's been shown that a usability redesign increases the sales/conversion rate of a website by 100% (source: <http://www.useit.com/alertbox/20030107.html>).

7. You'll gain good publicity - Make your website accessible to everyone and you can tell the world about it.

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Knowledge is good business!

GSU Gym Floor Gets A Face-lift



Photo by David Chambers

The GSU recreation center has recently acquired a new \$49,991.00 gym floor. The floor installation was completed in July 2004. Although the project was led by student life executive director, Dr. Lorraine Sibbet., the floor material and warranty information remains a mystery to her and the rest of the GSU population.

A Look At Senior Living Today

Lisa Aponte-Soto
Health Columnist

Senior living has changed dramatically over the past years... even decades! As people approach their senior years, we imagine them sitting around relaxing and enjoying retirement. However, for many elders that will be far from reality. Some seniors will face increasing physical and mental limitations requiring assistance with daily living activities such as bathing, dressing, eating, housekeeping, and transportation. Traditionally the latter group would be placed in nursing home.

"Active seniors and the real estate industry have debunked that ancient thought," says Pat Edmond, Director of Sales for the Renaissance Center in Chicago, which provides affordable senior residences along with assisted living. "Seniors today are vivacious, involved in community-based events and organizations, and living independently!"

Retirement communities may not offer the adequate support elder's need, but they may be too independent to live in a nursing home. Assisted living bridges this gap.

Family members no longer have to carry the guilt conscience of placing their loved ones in a nursing home. Adult children

"Senior living has transcended into a new concept and idea of living as independent as possible and aging in place."

amenities of retirement resorts, but the benefits of in-home assisted living services to help seniors transition as

are also relieved from the stress of caring for the parent. Assistive living programs have become the latest trend in senior housing combining apartment-style housing with personal care and other services. Residents can live independently and take part in decision-making of activities, services and amenities.

According to Medicare, assisted living is defined as a type of living arrangement in which personal care services are available on a need basis for people living in their own residential facility. Residences provide the opportunity to enjoy a maintenance-free home environment with the goal of enhancing individuality, privacy and dignity of residents.

Assisted living services provided include: meals, assistance with daily living activities, personal hygiene and appearance, medication management, housekeeping and personal laundry, transportation and shopping.

Monthly residence fees average between \$1800 and \$3200 depending on the services and accommodations offered.

In addition to the monthly rent, facilities generally charge extra fees for some services based upon the resident's needs and preferences.

Similarly, supportive living programs in Illinois have been developed as an alternative to nursing home care for low-income older persons and persons with disabilities under the Medicaid program. (www.sfillinois.com/factsheetresident.html)

"Senior living has transcended into a new concept and idea of living as independent as possible and aging in place. Society is conforming to the needs of the aging population, which is merely setting a mortar for seniors to come," says Ms. Edmond.

Now more than ever, due to increasing consumer demand, there are more options for elders who are looking for housing to suit their individual care needs and social preferences. Among the many housing options are active adult communities, apartments, and continuing care retirement communities.

An upcoming trend are luxury condominium communities with all the

they face more physical and/or mental challenges. Residents can remain in their own home, in their own familiar surroundings without the institutional rules. Another advantage of this arrangement is that seniors save money by owning their own properties rather than renting.

For additional information, contact the Eldercare Locator toll-free at (800) 677-1116. There are also several sites that can help you find assisted living facilities: www.assistedlivingonline.com, www.seniorhousing.net, www.alfa.org, or even the yellow pages of your phone book. The Assisted Living Federation of America (ALFA) is the largest association exclusively dedicated to the assisted living industry and population it serves. ALFA provides an online residence directory. Assisted Living On-line also provides directory of facilities by state as well as list of national resources for seniors.

Information for this article was contributed in part by Pat Edmond, director of sales at Renaissance Center, a senior advocate, and a MHA student at GSU.



The Effects of Sleep Deprivation

Lisa Aponte-Soto
Health Columnist

The alarm clock rings. You drag yourself out of bed. As you prepare for work or school, you wonder how you will get through the day.

If you often feel tired, you are not alone. You may be not getting enough sleep. According to the National Sleep Foundation, most Americans are sleep deprived as a consequence of modern culture. We work longer hours and stay out later. Overwhelmed by daily tasks, we simply try get too much done in a day. We stay up later and get up earlier to compensate for time limitations. However, not only do we sleep less hours, we sleep less well due to stress.

"We have become a society of walking zombies, victims of high paced lifestyles, stress and overuse of energizing stimulants in our diets," says Hector Lopez, RN. "We trick ourselves into believing that we need less sleep or than we can train ourselves to sleep less. Yet, we do not generally recognize the effects of sleep deprivation."

"It is important to remember that sleep deprivation does have detrimental effects, which we sometimes forget as we push workers, students and others to perform even when they are functioning with a lack of sleep," said Christian Gillin, MD, professor of psychiatry at the UCSD and the San Diego VAMC, and an author of the Nature paper.

How much sleep is necessary?

While experts recommend 8 hours of sleep per night, a poll by the National Sleep Foundation revealed that the average adult sleeps less than 7 hours per night during the workweek. The amount of sleep necessary varies from person to person, decreasing as we age. You can determine the right amount of sleep by the number of hours that allow to awake refreshed and to feel energized throughout the day.

What are the common causes of sleep deprivation?

The effects of sleep deprivation are common people among with sleep disorders (obstructive sleep apnea, nocturnal myoclonus, and narcolepsy), medical illnesses (heart disease and respiratory disorders), and mental illness (depression). Other causes of sleep deprivation include the following: not allowing enough time for sleep, excessive worry, repeated awakenings from noise or trips to the bathroom, anything that causes insomnia or poor quality of sleep, medication that may interfere with sleep, lack of exercise, working at night, and traveling across time zones.

What are the adverse effects of sleep deprivation?

Sleep is as important to our survival as food and water because it allows the body to regenerate cells, which in turn fight off infection and store long-term memory. In particular, REM sleep stimulates areas of the body for optimal functioning, growth, and learning.

Getting less than 6 hours a night can affect coordination, reaction time and judgment. In fact, a study by the British Medical Association reported that insufficient sleep has comparable effects to alcohol consumption, such as decreased motor skills. Therefore, sleep deprived workers and drivers are more vulnerable to accidents. Over 200,000 automobile accidents annually are the result of the driver falling asleep behind the wheel.

The effects of insufficient sleep may be observed in one day through fatigue, irritability, decreased productivity, and activity intolerance. Over time, too little sleep increases levels of stress, anxiety and depression. Additional effects of sleep deprivation may include: health problems (breathing disorders, blurred vision, frequent infections, depression, hallucinations, heart disease), behavioral, learning or social problems, difficulties thinking of imaginative words or ideas, tiredness and vague discomfort, problems with concentration, memory and cognitive skills, and alterations in appetite.

What habits influence a good night's rest?

Consistently maintaining a regular sleep schedule is important to promote sleep. You can begin by going to bed at the same time each night, and waking up at the same time each morning. If you have trouble sleeping, avoid sleeping pills unless prescribed. Over-the-counter and prescription sleep aides have harmful side effects and addictive properties. There are natural herbs and approaches that may positive results. There are also different relaxation techniques and lifestyle changes that promote sleep including: breathing exercises and daily calisthenics; creating a serene sleeping environment; avoiding caffeine, alcohol, food or excess fluids just before bedtime; and monitoring illnesses or medications that inhibit sleep.

Visit www.sleepnet.com for additional information, a sleep evaluation, helpful links, and resources.

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**College of Health Professions
E-Pulse Newsletter**
www.govst.edu/chp/news

Around Campus

"Clock" continued from Page 10

January. Since I had chosen to go back to school and because my schedule put us on opposite schedules, my seven-year relationship with my boyfriend Will had become strained. By March I initiated our separation, and although it was pretty much a mutual break-up by that point, it was very hard on both of us emotionally. We had been very comfortable together and our home for the past seven years was with each other; but our paths were definitely going in different directions. We were not making future plans and we never discussed any goals; all the signs were there and I had to stop avoiding the inevitable. Will was with me when I began my journey back to college and he is still there for me as my friend, and that means a lot to me. (PS - Thank you for taking the weekend to help me pack up the Phoenix office for our move to E1500).

Just when my personal growth phase seemed to be winding down, at least for that month, I found there was more growth awaiting me around the corner. David Chambers had sent in his application to the *Phoenix* in January, following a very well-versed email that used many words I had never heard uttered before in my life. When he made his first appearance in the *Phoenix* office, he had a confident and somewhat arrogant way about him. He said he wanted to apply for the section editor job, but after reading the description for the assistant editor position, he was sure that he was the best person for the position. After he left, I remember turning to whomever was in the office with me that day and said, "He is going to be a handful."

In February he made his second visit to the office, this time bringing a copy of the *Phoenix* that he had scrupulously edited with a red pen. Even though I knew the editing needed to be improved upon (considering most of it was done by me at the time and you can only look at an article for so long before the words start blending together), I was still a bit appalled to see it was bad enough to consider buying stock in red Bic pens. David said to me, "I know this may start me off on the wrong foot with you but I had to show you this anyway."

I know that he was surprised by my reaction; in fact, I was surprised by my reaction. After the twinging pain of criticism had lessened to some degree, I thought about the service David had done for the newspaper. He was just the person the newspaper and I needed to incorporate into the editing work flow (as the copy editor). After stumbling upon this realization in my mind, I replied, "If you can do this next month *before* the newspaper comes out, you have a job."

Even more surprisingly, was the eventual realization that David and I were very much alike in many ways, and as we became friends that realization encompassed even more. Looking back, I now understand the significance of our meeting in relation to the issues we were both facing in our lives. We became each others' support; and in a sense, we saved each others' lives. Eventually our friendship grew into more - who fell in love with who first isn't as significant as the ultimate awareness that we are soul mates. For a skeptic like me, this had always been a taboo topic. David has tirelessly promoted me, supported me and loved me; getting used to each others' bad habits was far less critical as getting used to the attraction we have on one another. It is not that it is negative except that we have the tendency to allow it to distract us from our path. This lesson David and I continue to learn from, and we make adjustments to keep us focused on "the big picture."

I also want to say "thank you" to Claude Hill, for giving me some insight into the inner-workings of the university. I did not know much about GSU's history, but thanks to my discussions with him, light was shed on some dark areas that still loomed over my basic understanding of it.

The last group of people I want to mention before wrapping up my reflection is my group of sisters who have become my official support group. My adopted sisters include Elizabeth Green, Cherron Spann, Taheria Brown, and although I haven't seen her in a while, Linda Williams. Your friendship means a lot to me and I consider myself lucky to have each of you in my life. Thank you for all of your support.

During my year on the *Phoenix* and my first year as a GSU student, my life changed drastically in what seemed to be a roller coasted of ups and downs. But unlike the roller



Photo by Stephanie N. Blahut

Students took advantage of the nice weather to walk outdoors to their next class. The location of these students is the landing off the pond in back of the atrium.

coasters at Great America, this ride didn't end in 45 seconds. In a year's time I moved back in with my parents (and that isn't any easier the second-time around), ended a seven-year relationship, dropped three classes, lost three jobs, lost my cat Dylan to cancer, lost touch with old friends, found a strong support group of new friends within the university, began a new relationship, experienced the pain of gradual physical limitations as a result of my work on the computer, took my first week-long vacation in four years (on which I took the March *Phoenix* with me to finish, and did not relax), became a McNair student, became the EIC of the *Phoenix*, created the newspaper's website, and met and interviewed numerous actors, politicians and musicians. My high school Latin teacher would be proud to see that I have also managed to find use for Latin in my life once again (*magna est veritas et praevalabit*: Truth is mighty, and will prevail).

I have also learned a great deal about my skills, capabilities and talents; as well as my emotional, physical and mental limits. Although many workplaces are full of much of the same experiences with regards to management and managerial control issues, a person can only tolerate a certain amount of stress and anxiety (especially unnecessary stress and anxiety). For this reason, I do not blame Carol Schrock for sprinting out the door and severing her ties as she did. The majority of her time and effort in building the basic foundation for the *Phoenix* has gone unrewarded and definitely unrecognized; but how many of you reading this newspaper can claim to not be overworked and underpaid? I definitely cannot; but I know that I have learned from the many diverse experiences I have had over the last year. Although many times I thought it might be easier on me to quit, I have come out on top with a stronger sense of who I am and what I am capable of achieving; and although I have taken a number of positive experiences and a better sense of self while working on the *Phoenix*, the *Phoenix* has taken a lot out of me as well. In all I will look back at my first year at GSU and as the *Phoenix's* Editor in Chief with great pride. Carpe Diem! ■

Governors State University

McNair Scholars Program



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The 2004 McNair Scholars Program Convention was hosted in Niagara Falls, New York.

The Ronald E. McNair Postbaccalaureate Achievement program awards grants to institutions of higher education for projects designed to prepare participants for doctoral studies through involvement in research and other scholarly activities. McNair participants are from disadvantaged backgrounds and have demonstrated strong academic potential. Institutions work closely with these participants through their undergraduate requirements, encourage their entrance into graduate programs, and track their progress to successful completion of advanced degrees. The goal of McNair is to increase the attainment of the Ph.D by students from underrepresented segments of society.

Services Provided by the Program include: research opportunities, mentoring, seminars and other scholarly activities designed to prepare students for doctoral studies, summer internships, tutoring, academic counseling, assistance in obtaining student financial aid, and assistance in securing admission and financial aid for enrollment in graduate programs.

For more information, please visit: <http://www.ed.gov/programs/triomcnair/index.html> or contact the McNair office @ GSU by phone at (708) 235-2230.